

MONDAY**FIELD 1****5:30 – 6:45**

- U9 Komodo Cross River
- U10 Komodo Cross River
- U11 Komodo Cross River
- U16 Div 1 Girls

6.45 – 9.30 Alternate weeks

- FQPL - U20 Fixture

FIELD 2**4.15 – 5.15**

- Souths/Roar APC

5.30 – 6.45

- Fitness/Recovery
 - FQPL - U13
 - FQPL - U14
 - FQPL - U15
 - FQPL - U16

- FQPL - GK Training

7.00 – 8.30

- Fitness/Recovery
 - FQPL - U18
 - FQPL - U20
 - FQPL - Men

FIELD 5**5.30 – 6.45**

- FQPL - GK Training (Alternate)

7.00 – 8.30**FIELD 4****4.15 – 5.15**

- Souths/Roar APC

5.30 – 6.30

- Under 12 A
- Under 12 B

7.00 – 8.30

- Women's City League

FIELD 3**4.45 – 6.00**

- Girls SAP

5.00 – 6.30

- NPLW Recovery

7.00 – 8.30

- Fitness/Recovery
 - FQPL - U18
 - FQPL - U20
 - FQPL - Men