

**MONDAY****FIELD 1****5:30 – 6:45**

- U9 Komodo Cross River
- U10 Komodo Cross River
- U11 Komodo Cross River
- U10 Barracudas
- 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