Official club training sessions (2024):

Monday 4pm-5.15pm

Tuesday 5.30pm-8.30pm

Wednesday 3pm-4.15pm and 5.30pm-8.30pm

Thursday 5.30pm-8.30pm

Friday 5pm-9pm

Saturday 8.30am-12midday

Sunday 9am-12 midday [if there are matches on that require teams to train beforehand]