



Bookings Essential: 6494 3100

JD & SQUAD Intensives and Winter Program

5 DAY INTENSIVE (Direct Debit Inclusive)

Monday 6th July to 10th July

Early Morning 7:15am - 8:15am

Winter Squad Program \$72.50

Monday 6th July to 10th July

9.00am - 10:30am

9:00-9:30am Land Based Training, 9:30am - 10:30am Pool Training