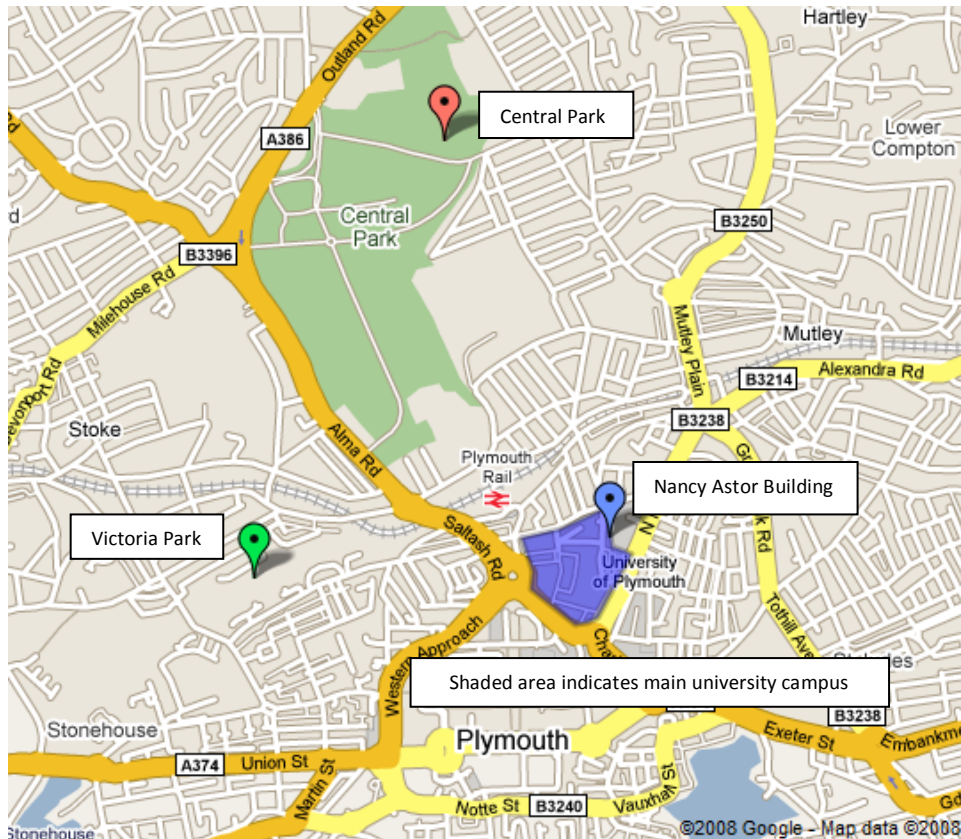


TRAINING SESSIONS

Picnic Ultimate Frisbee Club 2008-2009

Training will be held on the following days at the times and locations stated:

Tuesdays:	17:00 – 19:00	Nancy Astor Building (indoors)
Wednesdays:	14:00 – 16:00	Victoria Park (outdoors)
Sundays:	11:30 – 13:30	Central Park (outdoors)
	14:00 – 16:00	Nancy Astor Building (indoors)



PLEASE BRING WATER, A LIGHT AND A DARK T-SHIRT TO ALL TRAINING SESSIONS, SUITABLE TRAINERS TO ALL INDOORS SESSIONS AND STUDED BOOTS AND WATERPROOFS TO ALL OUTDOOR SESSIONS

Afro Peat