

Team Name	Age Group	Training Day	Training Time
Matilda Knights	U12/13 G	Monday	5:45 - 7 PM
Diamond Knights	U14/16 G	Monday	5:45 - 7 PM
Div 1 / 2 men	Senior Team	Monday	5.30pm to 7pm
FQPL Womens	Senior Team	Monday	6.15pm to 8pm
U23 Womens	Senior Team	Monday	6.15pm to 8pm
TCNQ Knights	U12	Tuesday	5pm to 6pm
Kangaroo Knights	U14	Tuesday	5 - 6 PM
U18 Youth	U18	Tuesday	5.30 pm to 7pm
FQPL Mens	Senior Team	Tuesday	6.30pm - 8.30pm
U23 Mens	Senior Team	Tuesday	6.30pm - 8.30pm
Pheonix Knights	U10/11 G	Wednesday	5 - 6 PM
Matilda Knights	U12/13 G	Wednesday	5:45 - 7 PM
Diamond Knights	U14/16 G	Wednesday	5:45 - 7 PM
Div 1 / 2 men	Senior Team	Wednesday	5.30pm to 7pm
FQPL Womens	Senior Team	Wednesday	6.15pm to 8pm
U23 Womens	Senior Team	Wednesday	6.15pm to 8pm
Miniroos Kick-off	3-5YO	Thursday	5-6 PM
Victory Knights	U5	Thursday	5 - 6 PM
Alpha Knights	U5	Thursday	5 - 6 PM
Fire Knights	U6	Thursday	5 - 6 PM
Knightmares	U6	Thursday	4 - 5 PM
Titan Knights	U6	Thursday	5 - 6 PM
Lightning Knights	U7	Thursday	5 - 6 PM
Super Knights	U7	Thursday	5 - 6 PM
Onyx Knights	U7	Thursday	5 - 6 PM
Stormbird Knights	U7	Thursday	5 - 6 PM
Tiny Knights	U8	Thursday	5 - 6 PM
Wild Knights	U8	Thursday	5 - 6 PM
Pink Knights	U8/9 G	Thursday	4 - 5 PM
Purple Knights	U8/9 G	Thursday	5 - 6 PM
Dark Knights	U9	Thursday	5 - 6 PM
Power Knights	U9	Thursday	5 - 6 PM
Mighty Knights	U9	Thursday	5 - 6 PM
Striker Knights	U10	Thursday	5 - 6 PM
Roving Rangers	U10	Thursday	5 - 6 PM
TCNQ Knights	U12	Thursday	5 - 6 PM
Magic Knights	U12	Thursday	5 - 6 PM
Jedi Knights	U13	Thursday	5 - 6 PM
U18 Youth	U18	Thursday	6pm to 7pm
FQPL Mens	Senior Team	Thursday	6.30pm - 8.30pm
U23 Mens	Senior Team	Thursday	6.30pm - 8.30pm