

<div> <div> <div>ESP</div> <div>ENGINE+SKILLS=PLAY</div> <div>NETBALL</div> </div> <div> <div>ESP Netball Junior Program</div> <div>Weekly Training Schedule</div> <div>In-season Training Period</div> <div>29 April - 17 June 2025</div> </div> </div>						
		Monday	Tuesday	Wednesday	Thursday	Friday
<div>What</div> <div>When</div> <div>Where</div> <div>Who</div>			<div>Strength & Power</div> <div>6:30 - 7:30am</div> <div>coachAl academy, 15 Exeter Way, Caloundra</div> <div>Caloundra players</div>			<div>Strength & Power</div> <div>6:30 - 7:30am</div> <div>Suncoast Hitroom, 84 Wises Rd, Maroochydore</div> <div>SCNA Players</div>
<div>What</div> <div>When</div> <div>Where</div> <div>Who</div>			<div>90 min court session</div> <div>4:00 - 5:30pm</div> <div>SCNA Courts, Fisherman's Rd, Maroochydore</div> <div>ALL Players</div>			