

# January

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7 <b>PRESEASON</b>	8	9 <b>PRESEASON</b>	10	11
12	13	14 <b>PRESEASON</b>	15	16 <b>PRESEASON</b>	17	18
19	20	21 <b>PRESEASON</b>	22	23 <b>PRESEASON</b>	24	25
26 	27 	28 Term 1	29	30 <b>PRESEASON</b>	31 	


SOUTH EAST  
**EXERCISE  
PHYSIOLOGY**

LIFESTYLE • WELLNESS • REHABILITATION

Pip Woodard Call 0488 155 345

# February

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1  Followed by Lunch
2	3	4 	5	6	7	8 
9	10	11 <b>PRESEASON</b>	12	13 	14	15
16 	17	18 <b>PRESEASON</b>	19	20 <b>Squads ANNOUNCED</b> Court & Fitness	21	22
23	24	25 <b>PRESEASON</b>	26	27 Court & Fitness	28	29 



**YOGA**  
NUTRITION WELLNESS

sally schultz  
0428 594 306

with *Sally Schultz*

ANY CLUB MEMBERS  
(Players, Parents, Netballers, Footballers)

WEDNESDAY NIGHTS 6-7.30pm

at Chapel Studio

# March

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3 <b>PRESEASON</b>	4	5 Juniors & Seniors  <b>TEAMS ANNOUNCED</b>	6	7
8	9 	10	11	12 	13	14 <b>trial match</b>
15 	16	17 <b>PRESEASON</b>	18	19 	20	21
22	23	24 <b>PRESEASON</b>	25	26 	27	28
29	30	31 				



**Monday:** Spin 5.30pm, Bootcamp 6.15pm

**Tuesday:** Bootcamp 6.15am, CrossFit 6.00pm, Boxing for Fitness 6.15pm

**Wednesday:** Spin 6.15am

**Thursday:** CrossFit 6.15am, CrossFit 6.00pm, Spin 6.15pm

# April

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2 	3	4 <b>ROUND 1</b>
5	6	7 	8 	9 Last Day Term 1	10	11 
12 	13 	14 	15	16 	17	18 <b>ROUND 2</b>
19	20	21 	22	23 	24	25 <b>ROUND 3</b> 
26	27	28 	29	30 		

# May

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2 <b>ROUND 4</b>
3	4	5 	6	7 	8	9 <b>ROUND 5</b>
10	11	12 	13	14 	15	16 <b>ROUND 6</b>
17	18	19 	20	21 	22	23 <b>ROUND 7</b>
24	25	26 	27	28 	29	30 <b>ROUND 8</b>
31						

ROUND 1	4 <sup>th</sup> April	Kingston vs Kyby
EASTER	10 <sup>th</sup> -13 <sup>th</sup> April	
ROUND 2	18 <sup>th</sup> April	Kyby vs Lucindale
ROUND 3	25 <sup>th</sup> April	Naracoorte vs Kyby
ROUND 4	2 <sup>nd</sup> May	Kyby vs Penola
ROUND 5	9 <sup>th</sup> May	K/L vs Kyby
ROUND 6	16 <sup>th</sup> May	Kyby vs Mundulla
ROUND 7	23 <sup>rd</sup> May	Keith vs Kyby
ROUND 8	30 <sup>th</sup> May	Kyby vs Padthaway
SE CARNIVAL QUEENS BIRTHDAY		
ROUND 9	13 <sup>th</sup> June	Kyby Bye
ROUND 10	20 <sup>th</sup> June	Bordertown vs Kyby
ROUND 11	27 <sup>th</sup> June	Kyby vs Borders
ROUND 12	4 <sup>th</sup> July	Kyby vs Kingston
STATE ZONE WEEKEND	11 <sup>th</sup> July	

6 home games

1 Bye

Easter, SE Carnival, State Zone Weekend off

1 Naracoorte

1 Keith

1 Bordertown

1 Kingston

1 K/L United

## Pilates



naracoorte physiotherapy clinic

claim with private health

pay as you go

WHEN TIME TBC