

Training Schedule effective 15th March 2022

COURT 3						
TIME	SAT	SUN	MON	TUE	WED	THU
15:00-16:30	Junior National Girls	Junior National Boys	Junior National Girls	Junior National Boys	Junior National Girls	Junior National Boys
17:00-18:30	Elite 2	Elite 1	Elite 2	Elite 1	Elite 2	Elite 1
18:30-20:30	National B Girls	National B Boys	National B Girls	National B Boys	National B Girls	National B Boys
20:30-22:30	National Women's Squad	National Men's Squad	National Women's Squad	National Men's Squad	National Women's Squad	National Men's Squad
22:30-00:30	Night Session 1 (Girls)	Night Session 2 (Boys)	Night Session 1 (Girls)	Night Session 2 (Boys)	Night Session 1 (Girls)	Night Session 2 (Boys)

STADIUM						
TIME	SAT	SUN	MON	TUE	WED	THU
8:00-9:00		Morning Session 1		Morning Session 1		Morning Session 1
9:00-10:30		Morning Session 2		Morning Session 2		Morning Session 2
15:00-16:30	Junior National Girls	Junior National Boys	Junior National Girls	Junior National Boys	Junior National Girls	Junior National Boys
18:30-20:30	National B Women	National B Men	National B Women	National B Men	National B Women	National B Men
20:30-22:30	National Women's Squad	National Men's Squad	National Women's Squad	National Men's Squad	National Women's Squad	National Men's Squad
22:30-00:30	Night Session 1 (Girls)	Night Session 2 (Boys)	Night Session 1 (Girls)	Night Session 2 (Boys)	Night Session 1 (Girls)	Night Session 2 (Boys)

Elite 1	Elite 2	Junior National Girls
Sun- Tue- Thur 17:00-18:30	Sat- Mon- Wed 17:00-18:30	Sat- Mon- Wed 15:00-16:30
1. Noah Gunaydin 2. Yaal Farhath Habeeb 3. Ayan Mohamed Ahsan 4. Aisha Sara Wisam	1. Zahara Lylie Shiham 2. Zahara Bassam Adeel 3. Isra Aara I. Shafeeu 4. Aishath Livia Khatheer	1. Sarah Saamee Mohamed 2. Dhaara Hussain 3. Aminath Eera Naem 4. Keyara Usama Ali 5. Laara Ahmed Yazeel 6. Azita Aisha Yamin 7. Raiya Hassan Fazal 8. Ayra Mohamed Nizal

Junior National Boys	National B Men	National B Women
Sun- Tue- Thur 15:00-16:30	Sun- Tue- Thur 18:30-20:30	Sat- Mon- Wed 18:30-20:30
1. Mika Mohamed Kaleem 2. Ibrahim Zafayaan M. Salaam 3. Alson Saamee Mohamed 4. Looth Agleem Ahmed 5. Yoosuf Zaa'in M. Salaam 6. Alson Saamee Mohamed 7. Looth Agleem Ahmed 8. Yoosuf Zaa'in M. Salaam	1. Aneef adam 2. Mohamed Nooh Nazih 3. Ismail Nuhaik Irushan 4. Rayyan Yusuf Riza 5. Ziyun Abdul Rasheed 6. Yoosuf Yoohan Athif 7. Ayyub Shaheeb 8. Izyan Ignaz Mansoor 9. Daoud Shaheeb 10. Mohamed Meekail Ahmed 11. Raim Maumoon	1. Manha Mohamed Ali 2. Aishath yumn Niyaz 3. Alya Rasheed 4. Neena Mohamed Fahir 5. Aishath Alya M. Azeez 6. Nym Ahmed Saleem 8. Malsha Mohamed 9. Abha Ismail Rasheed 10. Aisha Rubaina Ahmed 11. Skyla Mohamed Khalid

National Men's Squad	National Women's Squad	Night Session 1 (Girls)
Sun- Tue- Thur 20:30-22:30	Sat- Mon- Wed 20:30-22:30	Sat- Mon- Wed 22:30-00:00
1. Abdulla Faa'ih Fazeel 2. Hussain Nazif 3. Ahmed Aiham Shiyam 4. Mohamed Namiq Shahid 5. Dhain Mohamed Ameen 6. Ahmed Shiau 7. Raudhak Maumoon 8. Mohamed Kaisaan I. Rasheed 9. Ahmed Fariz Fazeel 10. Ali Faris Mohamed	1. Naba Nishan 2. Aara Aasaal Azim 3. Sarah Ahmed Akram 4. Nayara Usama Ali 5. Aishath Tara Naeem 6. Lulua Binthi Hassan Areef 7. Mishal Mohamed 8. Zoya Zubin Saleem 9. Zeina Abdula Rasheed 10. Imani Moosa Kaleem 11. Ayesha Zoya Ali Suzain	1. Raya Mansoor 2. Reem Shaam 3. Ayani Moosa Kaleem 4. Layaan Mohamed Shamin 5. Fathimath Lujain Ahmed 6. Rifga Yoosuf Najeeb 7. Mariyam Hashma Hanim 8. Aminath Maleela Solih 9. Aiminath Irufa Mahir 11. Raidha Ibrahim 12. Sarah Abdulla Khalid

Morning Session 1	Morning Session 2	Night Session 2 (Boys)
Sun- Tue- Thur 08:00-09:00	Sun- Tue- Thur 09:00-10:00	Sun- Tue- Thur
1. Ayra Binthi Shahudh 2. Maisha Ismail Madih	1. Adam Aal Niyaz 2. Aishath Karin Saizan	1. Saai Waheed 2. Maain Athif 3. Musrif Mohamed 4. Daniel Mohamed Ameen 5. Yusuf Ahmed Akram 6. Rahin Shaam 7. Ijaabath Latheef 8. Ahadh Abdul Gadir Abdulla 9. Huma'id Abdul Ltzheef 10. Mohamed Imyan 11. Ildhiyan Maumoon 12. Rakin Yusuf Riza 13. Daud Fazeeh 14. Ismail Nuhaik Irushan

Fitness Session 1	Fitness Session 3
Mon-Wed 17:00-18:00	Tue-Thur 17:00-18:00
1. Junior National Boys 2. Elite 1	1. Junior National Girls 2. Elite 2

Fitness Session 2	Fitness Session 4
Mon-Wed 18:00-19:00	Tue-Thur 18:00-19:00
1. National Men's Squad 2. National B Men 3. Night Session 2 (Boys)	1. National Women's Squad 2. National B Women 3. Night Session 1 (Girls)