



Hills Knights FC – 2026 General Training Times

Age Group	Monday	Tuesday	Wednesday	Thursday	Friday
U8		6pm			
U9			6pm		
U10				6pm	
U11				6pm	
U12				7pm	
U13		7pm			
U14			7pm		
U15				7pm	
U16				7pm	
U18			7pm		
U21			8pm		
AAM		8pm		8pm	
O35/45		8pm			
AAB			7.30pm		
U8G			6pm		
U9G			6pm		
U11G			6pm		
U12G			6pm		
U13G			7pm		
U15G			7pm		
U18G			7pm		
O30W			8pm		