



Trafford Metro Mini Mets Training Timetable 2026-2027



Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Fitness	PM		18:15 - 19:15 CLUB				12:00 - 13:00 CLUB	
Neptune 1	PM		18:15 - 19:15 CLUB				16:00 - 17:00 MAIN	
Neptune 2	PM						13:00 - 14:00 CLUB	
Neptune 3	PM					18:00 - 19:00 CLUB	16:00 - 17:00 MAIN	
Neptune 4	PM						17:00 - 18:00 MAIN	
Neptune 5	PM						17:00 - 18:00 MAIN	