

April 2020 GRIT SQUAD						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 18h30 Zoom with Matt	31 18h30 Zoom with Rob	1 6.30am Zoom with Matt 18h30 Zoom with Sian	2 12.30pm Zoom with Dom 18h30 Zoom with Rob	3 7am Zoom with Dom 18h Zoom with Matt	4 9am Zoom with Rob 18h Zoom with Matt	5 18h Zoom with Dom
6 6.30am Zoom with Dom 18h30 Zoom with Rob	7 7am Zoom with Sian 18h30 Zoom with Matt	8 6.30am Zoom with Dom 18h30 Zoom with Sian	9 12.30pm Zoom with Dom 18h30 Zoom with Rob	10 7am Zoom with Dom 18h Zoom with John	11 9am Zoom with Matt 18h Zoom with Matt	12 18h Zoom with Dom
13 6.30am Zoom with Dom 18h30 Zoom with Rob	14 7am Zoom with Sian 18h30 Zoom with Matt	15 6.30am Zoom with Dom 18h30 Heath - Zoom with Sian	16 12.30pm Zoom with Dom 18h30 Zoom with Rob	17 7am Zoom with Dom 18h Zoom with Matt	18 9am Zoom with Matt 18h Zoom with Rob	19 18h Zoom with Matt
20 6.30am Zoom with Dom 18h30 Zoom with Rob	21 7am Zoom with Sian 18h30 Zoom with John	22 6.30am Zoom with Dom 18h30 Zoom with Sian	23 12.30pm Zoom with Dom 18h30 Zoom with Rob	24 7am Zoom with Dom 18h Zoom with Matt	25 9am Zoom with Dom 18h Zoom with Rob	26 18h Zoom with Matt
27 6.30am Zoom with Dom 18h30 Zoom with Rob	28 7am Zoom with Sian 18h30 Zoom with Matt	29 6.30am Zoom with Dom 18h30 Zoom with Sian	30 12.30pm Zoom with Dom 18h30 Zoom with Rob			