

HCC_2023_28	Date	Time
Lab 1	Tuesday, August 1, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEST)
BREAK	Tuesday, August 8, 2023	Break - online coursework
BREAK	Tuesday, August 15, 2023	Break - online coursework
BREAK	Tuesday, August 22, 2023	Break - online coursework
Lab 2	Tuesday, August 29, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEST)
Lab 3	Tuesday, September 5, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEST)
Lab 4	Tuesday, September 12, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEST)
Lab 5	Tuesday, September 19, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEST)
Lab 6	Tuesday, September 26, 2023	6:30-8:30pm NZT, 3:30-5:30pm (AEST)*
Lab 7	Tuesday, October 3, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)
BREAK	Tuesday, October 10, 2023	BREAK - online coursework and coaching practice
Lab 8	Tuesday, October 17, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)
Lab 9	Tuesday, October 24, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)
Lab 10	Tuesday, October 31, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)
Lab 11	Tuesday, November 7, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)
BREAK	Tuesday, November 14, 2023	BREAK - online coursework and coaching practice
Lab 12	Tuesday, November 21, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)
Lab 13	Tuesday, November 28, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)
Lab 14	Tuesday, December 5, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)
Lab 15	Tuesday, December 12, 2023	6:30-8:30pm NZT, 4:30-6:30pm (AEDT)

**Daylight savings*