MHCP_2024_11	Date	Time
Lab 1	Tuesday, September 17, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEST)
Lab 2	Tuesday, September 24, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEST)
BREAK	Tuesday, October 1, 2024	Online coursework and coaching practice*
Lab 3	Tuesday, October 8, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEDT)
Lab 4	Tuesday, October 15, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEDT)
Lab 5	Tuesday, October 22, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEDT)
Lab 6	Tuesday, October 29, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEDT)
Lab 7	Tuesday, November 5, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEDT)
Lab 8	Tuesday, November 12, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEDT)
Lab 9	Tuesday, November 19, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEDT)
Lab 10	Tuesday, November 26, 2024	7.30-9.30pm (NZT), 5.30-7.30pm (AEDT)

^{*}Daylight savings change from AEST to AEDT