

| Alfie Byrne | | | |
|-----------------------|-----------------------------|----------------|-----------------------|
| Monday 18:00 | Monday 19:00 | Saturday 11:00 | Saturday 12:00 |
| U9 Boys | Minor Men | U10 Boys | Minor Boys |
| U10 Boys | Adult Hurlers | U14 Boys | U12 Girls |
| U12 Boys | Adult Footballers | | U10 Girls |
| U14 Boys | Ladies B(weather dependent) | | U15/16 Girls(Camogie) |
| U15/16 Girls(Camogie) | | | |
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| OCS | |
|----------------|-----------|
| Tuesday 19:00 | U14 Girls |
| Friday 18:00 | |
| Friday 19:00 | U14 Girls |
| Friday 20:00 | |
| Saturday 12:00 | Nursery |

| Clontarf Road Pitch | | | | | | | |
|---------------------|-----------------------|-----------------------|-----------------|-----------|-----------|-----------------------|-----------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Saturday Morning | | | | | | U9 Boys | |
| | | | | | | Nursery | |
| Saturday Afternoon | | | | | | U12 Boys | |
| | | | | | | U15/16 Girls(Camogie) | |
| Sunday Morning | | | | | | | |
| Sunday Afternoon | | | | | | | U14 Girls |
| 18:00 | | U12 Girls | | U9 Boys | | | |
| | | U9 Girls | | U12 Girls | | | |
| | | U10 Girls | | U14 Boys | | | |
| | | | | U10 Boys | | | |
| 19:00 | U15/16 Girls | G4M | U12 Boys | G4M | U14 Girls | | |
| | U15/16 Girls(Camogie) | U14 Girls | U8 Boys & Girls | | | | |
| | | | Minor Men | | | | |
| | | | U15 Boys | | | | |
| | | | U15/16 Girls | | | | |
| | | U15/16 Girls(Camogie) | | | | | |
| 20:00 | Ladies B | | Ladies B | | | | |
| | Ladies A | | Ladies A | | | | |
| 21:00 | Ladies A | | Ladies A | | | | |

| Club Gym | | | | | | | |
|-------------------------|------------|--------------|------------|------------|------------|----------|--------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 06:00 - 18:00 | Escape | Escape | Escape | Escape | Escape | Escape* | |
| 18:00 - 18:30 | Individual | Individual | Individual | Individual | Individual | | |
| 18:30 - 19:00 | Individual | Individual | Individual | Individual | Individual | | |
| 19:00 - 19:30 | Adult Men | U16 Girls | Individual | Individual | Individual | | |
| 19:30 - 20:00 | Adult Men | U16 Girls | U15 Boys | Minor Men | | | |
| 20:00 - 20:30 | | Minor Ladies | U15 Boys | Minor Men | | | |
| 20:30 - 21:00 | | Minor Ladies | | | | | |
| *06:00 - 11:00 Saturday | | | | | | | |