

SQUAD TIMETABLE

ADVANCED SQUAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5 – 7	5 – 7	5 – 7	5 – 7	5 – 7	5 – 7 + GYM 7 – 8
PM	5 – 7	5 – 7	OFF	5 – 6 GYM	OFF	OFF

INTERMEDIATE SQUAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5:30 – 7	5:30 – 7	OFF	OFF	5:30 – 7	5:30 – 7
PM	5 – 7	DRYLAND 5 – 6	5 – 7	5 – 7	5 – 7	OFF

ELEMENTARY SQUAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	OFF	OFF	5:30 – 7	OFF	OFF	6:30 – 8
PM	DRYLAND 5:15 – 6:15	5:30 – 7	5:30 – 7	5:30 – 7	5:30 – 7	OFF

JUNIOR SQUAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	OFF	OFF	5:30 – 7	OFF	OFF	7 – 8:30
PM	3:45 – 5	3:45 – 5	3:45 – 5	3:45 – 5	3:45 – 5	OFF

**Please note that times are subject to change with bookings*