

# 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	5 – 7	OFF

## INTERMEDIATE SQUAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	5 – 7	5 – 7	OFF	5 – 7	5 – 7	5 – 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

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