

Week 1
April 14th - April 19th

Squad	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Total Hours
Senior Squad	Hongwei 3.00pm - 7.00pm	Hongwei 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei 3.00pm - 6.00pm	Hongwei 10.00am - 12.00pm 3.00pm - 7.00pm	Good Friday	Easter Saturday	19
	4	6	3	6			
Junior Squad	OFF	Hongwei 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei 3.00pm - 6.00pm	Hongwei 10.00am - 12.00pm 3.00pm - 7.00pm	Good Friday	Easter Saturday	15
		6	3	6			
Blue Squad	Mandy 8.00am - 11.45am 12.30pm - 3.30pm		Mandy 8.00am - 11.45am 12.30pm - 3.30pm	Mandy 8.00am - 12.00am	Good Friday	Easter Saturday	17.5
	6.75		6.75	4			
Teal Squad		Mandy 9.00am - 12.30pm 1.15pm - 4.15pm		Mandy 3.00pm - 7.00pm	Good Friday	Easter Saturday	10.5
		6.5		4			
Lime Squad			Jack 9.00am - 12.00pm		Good Friday	Easter Saturday	3
			3				

Week 2
April 21th - April 26th

Squad	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Total Hours
Senior Squad	Hongwei 3.00pm - 7.00pm	Hongwei 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei 3.00pm - 6.00pm	Hongwei 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei 12.00pm - 4.00pm	Hongwei 9.00am - 12.30pm	26.5
	4	6	3	6	4	3.5	
Junior Squad	Hongwei 3.00pm - 7.00pm	Hongwei 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei 3.00pm - 6.00pm	Hongwei 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei 12.00pm - 4.00pm	Hongwei 9.00am - 12.30pm	26.5
	4	6	3	6	4	3.5	
Blue Squad	Mandy 3.00pm - 7.00pm		Mandy 8.00am - 11.30am 12.30pm 3.30pm		Mandy 12.00pm - 4.00pm	Mandy 8.00am - 12.00pm	20.5
	6		6.5		4	4	
Teal Squad		Mandy 8.00am - 12.00pm		Mandy 8.00am - 11.30am 12.30pm - 3.30pm		Mandy 12.15pm - 3.15pm	13.5
		4		6.5		3	
Lime Squad			Jack 9.00am - 12.00pm			Jack 12.15pm - 3.15pm	6
			3			3	