

Week 1

Squad	Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Total Hours
Senior Squad	Hongwei/Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei/Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei/Hiroaki 3.00pm - 6.00pm	Hongwei/Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei/Hiroaki 3.00pm - 7.00pm	Hongwei/Hiroaki 9.00am - 12.30pm	28.5
	6	6	3	6	4	3.5	
Junior Squad	Hongwei / Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei / Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei / Hiroaki 3.00pm - 6.00pm	Hongwei / Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei / Hiroaki 3.00pm - 7.00pm	Hongwei / Hiroaki 9.00am - 12.30pm	28.5
	6	6	3	6	4	3.5	
Blue Squad	Mandy 2.45pm - 6.45pm		Mandy 8.00am - 11.45am 12.30pm - 3.30pm		Mandy 2.45pm - 6.45pm	Mandy 8.00am 12.00pm	18.75
	4		6.75		4	4	
Teal Squad		Mandy 8.00am - 11.45am 12.30pm - 3.45pm		Mandy 2.30pm - 6.45pm		Mandy 12.15pm - 3.15pm	13.75
		6.75		4		3	
Lime Squad			Jack 9.00am - 12.00pm			Jack 12.15pm - 3.15pm	6
			3			3	

Week 2 October 6th - October 11th							
Squad	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Total Hours
Senior Squad	Hongwei / Hiroaki 9.00am - 1.00pm (*If allocated)	Hongwei / Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei / Hiroaki 3.00pm - 6.30pm	Hongwei / Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei / Hiroaki 3.00pm - 7.00pm	Hongwei / Hiroaki 9.00am - 12.30pm	<u>27</u>
	4	6	3.5	6	4	3.5	
Junior Squad		Hongwei / Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei / Hiroaki 3.00pm - 6.30pm	Hongwei / Hiroaki 10.00am - 12.00pm 3.00pm - 7.00pm	Hongwei / Hiroaki 3.00pm - 7.00pm	Hongwei / Hiroaki 9.00am - 12.30pm	<u>23</u>
	Public Holiday	6	3.5	6	4	3.5	
Blue Squad			Mandy 8.00am - 11.45am 12.30pm - 3.30pm		Mandy 8.00am - 11.45am 12.30pm - 3.30pm	Mandy 8.00am - 12.00pm	<u>17.5</u>
	Public holiday		6.75		6.75	4	
Teal Squad		Mandy 8.00am - 11.45am 12.30pm - 3.45pm		Mandy 2.45pm - 6.45pm		Mandy 12.15pm - 3.15pm	<u>14.75</u>
	Public holiday	6.75		4		4	
Lime Squad			Jack 9.00am - 12.00pm			Jack 12.15pm - 3.15pm	<u>6</u>
	Public holiday		3			3	