

Week 1 September 30th - October 5th							
Squad	Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Total Hours
Senior Int. Squad	Hongwei Du 10.30am - 12.30pm 3.00pm - 6.30pm	Hongwei Du 10.30am - 12.30pm 3.00pm - 6.30pm	Hongwei Du 3.00pm - 6.00pm	Hongwei Du 10.30am - 12.30pm 3.00pm - 6.30pm	Hongwei Du 10.30am - 12.30pm 3.00pm - 6.30pm	Hongwei Du 9.00am - 12.00pm	28
	5.5	5.5	3	5.5	5.5	3	
Junior Int. Squad	Hongwei / Xiong 10.30am - 12.30pm 3.00pm - 6.30pm	Hongwei / Xiong 10.30am - 12.30pm 3.00pm - 6.30pm	Hongwei / Xiong 3.00pm - 6.00pm	Hongwei / Xiong 10.30am - 12.30pm 3.00pm - 6.30pm	Hongwei / Xiong 10.30am - 12.30pm 3.00pm - 6.30pm	Hongwei / Xiong 9.00am - 12.00pm	28
	5.5	5.5	3	5.5	5.5	3	
Blue Squad	Mandy 2.45pm - 6.45pm		Mandy 8.00am - 11.30am 12.00pm - 3.00pm		Mandy 8.00am - 11.30am 12.00pm - 3.00pm	Mandy 8.00am - 12.00pm	21
	4		6.5		6.5	4	
Teal Squad	Mandy 8.00am - 11.30am	Mandy 2.45pm - 6.45pm		Mandy 8.00am - 11.30am 12.30pm - 3.30pm		Mandy & Jack 12.15pm - 3.15pm	17
	3.5	4		6.5		3	
Lime Squad	Mandy 8.00am - 11.00am	Mandy 2.45pm - 5.45pm	Jack 8.00am - 11.00am	Mandy *8.00am - 11.30am* *12.30pm - 3.30pm*		Mandy & Jack 12.15pm - 3.15pm	12
	3	3	3	*6.5*		3	

Week 2 October 7th - October 12th							
Squad	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Total Hours
Senior Int. Squad	Hongwei Du	Hongwei Du	Hongwei Du	Hongwei Du	Hongwei Du	Hongwei Du	22.5
	Public holiday	10.30am - 12.30pm 3.00pm - 6.30pm	3.00pm - 6.00pm	10.30am - 12.30pm 3.00pm - 6.30pm	10.30am - 12.30pm 3.00pm - 6.30pm	9.00am - 12.00pm	
		5.5	3	5.5	5.5	3	
Junior Int. Squad	Hongwei / Xiong	Hongwei / Xiong	Hongwei / Xiong	Hongwei / Xiong	Hongwei / Xiong	Hongwei / Xiong	22.5
	Public holiday	10.30am - 12.30pm 3.00pm - 6.30pm	3.00pm - 6.00pm	10.30am - 12.30pm 3.00pm - 6.30pm	10.30am - 12.30pm 3.00pm - 6.30pm	9.00am - 12.00pm	
		5.5	3	5.5	5.5	3	
Blue Squad	Mandy	Mandy	Mandy		Mandy	Mandy	20.5
	Public holiday	3.30pm - 7.00pm	8.00am - 11.30pm 12.00pm - 3.00pm		8.00am - 11.30am 12.00pm - 3.00pm	8.00am - 12.00pm	
		3.5	6.5		6.5	4	
Teal Squad	Mandy	Mandy	Mandy/Jack	Mandy		Mandy & Jack	19.5
	Public holiday	8.00am - 11.30pm 12.30pm - 3.30pm	8.00am - 11.30am	8.00am - 11.30pm 12.00pm - 3.00pm		12.15pm - 3.15pm	
		6.5	3.5	6.5		3	
Lime Squad	Mandy	Mandy	Jack			Mandy & Jack	12.5
	Public holiday	12.30pm - 3.30pm	8.00am - 11.00am	8.00am - 11.30am		12.15pm - 3.15pm	
		3	3	3.5		3	