

Week 1 December 23rd - December 28th							
Squad	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Total Hours
Senior Squad	OFF	Christmas Eve	Christmas Day	Boxing Day	OFF	OFF	0
Junior Squad	OFF	Christmas Eve	Christmas Day	Boxing Day	OFF	OFF	0
Blue Squad	OFF	Christmas Eve	Christmas Day	Boxing Day	OFF	OFF	0
Teal Squad	OFF	Christmas Eve	Christmas Day	Boxing Day	OFF	OFF	0
Lime Squad	OFF	Christmas Eve	Christmas Day	Boxing Day	OFF	OFF	0

Week 2 December 30th - January 4th							
Squad	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Total Hours
Senior Squad	Hongwei 1:00pm - 5:00pm	Hongwei 9:00am - 12:00pm	New Years Day	Hongwei 3:00pm - 6:30pm	10:00am - 12:00pm 3:00pm - 6:30pm	9:00am - 12:30pm	19.5
	4	3		3.5	5.5	3.5	
Junior Squad	1:00pm - 5:00pm	9:00am - 12:00pm	New Years Day	3:00pm - 6:30pm	10:00am - 12:00pm 3:00pm - 6:30pm	9:00am - 12:30pm	19.5
	4	3		3.5	5.5	3.5	
Blue Squad	OFF	New Years Eve	New Years Day	OFF	OFF	OFF	0
Teal Squad	OFF	New Years Eve	New Years Day	OFF	OFF	OFF	0
Lime Squad	OFF	New Years Eve	New Years Day	OFF	OFF	OFF	0

Week 3 January 6th - January 11th							
Squad	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Total Hours
Senior Squad	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 3:00pm - 6:00pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 9:00am - 12:30pm	28.5
	5.5	5.5	3	5.5	5.5	3.5	
Junior Squad	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 3:00pm - 6:00pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 9:00am - 12:30pm	28.5
	5.5	5.5	3	5.5	5.5	3.5	
Blue Squad	OFF	OFF	OFF	OFF	OFF	OFF	0
Teal Squad	OFF	OFF	OFF	OFF	OFF	OFF	0
Lime Squad	OFF	OFF	OFF	OFF	OFF	OFF	0

Week 4 January 13th - January 18th							
Squad	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Total Hours
Senior Squad	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 3:00pm - 6:00pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 9:00am - 12:30pm	28.5
	5.5	5.5	3	5.5	5.5	3.5	
Junior Squad	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 3:00pm - 6:00pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 9:00am - 12:30pm	28.5
	5.5	5.5	3	5.5	5.5	3.5	
Blue Squad	Mandy 8.00am - 12.30pm	Mandy	Mandy 8.00am - 11.30am 12.15pm 3.15pm		Mandy 2.30pm - 6.30pm	Mandy 8.00am - 12.00pm	19
	4.5		6.5		4	4	
Teal Squad		Mandy 8.00am - 11.30am 12.15pm - 3.15pm	Jack 8.30am - 12.00pm			Mandy 12.15pm - 3.15pm	13
		6.5	3.5			3	
Lime Squad			Jack 8.30am - 11.30am			Jack 12.15pm - 3.15pm	6
			3			3	

Week 5 January 20th - January 25th							
Squad	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Total Hours
Senior Squad	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 3:00pm - 6:00pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 9:00am - 12:30pm	28.5
	5.5	5.5	3	5.5	5.5	3.5	
Junior Squad	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 3:00pm - 6:00pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 10:00am - 12:00pm 3:00pm - 6:30pm	Hongwei 9:00am - 12:30pm	28.5
	5.5	5.5	3	5.5	5.5	3.5	
Blue Squad	Mandy 8.00am - 11.30am 12.15pm - 3.15pm		Mandy 3.00pm - 6.30pm			Mandy 8.00am - 12.00pm	18
	6.5		3.5			4	
Teal Squad		Mandy 8.00am - 11.30am 12.15pm - 3.15pm			Mandy 8.00am - 12.00pm	Mandy 12.15pm - 3.15pm	13.5
		6.5			4	3	
Lime Squad		Mandy 12.00pm - 3.00pm				Jack 12.15pm - 3.15pm	6
		3				3	

Week 6 January 27th - February 1st							
Squad	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 1	Total Hours
Senior Squad		Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	23
	Australia Day	10:00am - 12:00pm 3:00pm - 6:30pm	3:00pm - 6:00pm	10:00am - 12:00pm 3:00pm - 6:30pm	10:00am - 12:00pm 3:00pm - 6:30pm	9:00am - 12:30pm	
		5.5	3	5.5	5.5	3.5	
Junior Squad		Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	23
	Australia Day	10:00am - 12:00pm 3:00pm - 6:30pm	3:00pm - 6:00pm	10:00am - 12:00pm 3:00pm - 6:30pm	10:00am - 12:00pm 3:00pm - 6:30pm	9:00am - 12:30pm	
		5.5	3	5.5	5.5	3.5	
Blue Squad		Mandy		Mandy	Mandy	Mandy	18.5
	Australia Day	8.00am - 11.30am 12.15pm - 3.15pm		8.00am - 12.00pm	2.45pm - 6.45pm	8.00am - 12.00pm	
		6.5		4	4	4	
Teal Squad			Mandy/Jack	Mandy		Mandy	13.5
	Australia Day		8.00am - 11.30am 12.15pm - 3.15pm	2.45pm - 6.45pm		12.15pm - 3.15pm	
			6.5	4		3	
Lime Squad			Mandy/Jack			Jack	6.5
	Australia Day		8.00am - 11.30am			12.15pm - 3.15pm	
			3.5			3	