



Training Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Performance		20.00 - 21.30	20.00 - 21.30	6.30 - 8.00 / 19.00 - 21.00		6.55 - 8.55	Session 1: 18.30 - 20.00 Session 2: 20.00 - 21.00
Competitive			20.00 - 21.30	6.30 - 8.00 / 19.00 - 21.00		6.55 - 8.55	18.30 - 20.00
Skill Development 2	19.00 - 20.00		20.00 - 21.30 (Top up session)	20.00 - 21.00 (Top up session)	19.00 - 20.30	7.55 - 8.55	17.00 - 18.30
Skill Development 1	19.00 - 20.00			19.00 - 20.00 / 12+ age should do 20.00 - 21.00 (Top up session)	19.00 - 20.30	7.55 - 8.55	17.00 - 18.30
Academy	19.00 - 20.00 (Top up session - L1 only)			19.00 - 20.00 (Top up session - invite only)	18.00 - 19.00	7.55 - 8.55	16.00 - 17.00
Masters		20.00 - 21.30		6.30 - 8.00			19.50 - 21.00

TEAMWORK. SKILLS. COMPETE.