

WEEKLY TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Set Squad 4:00 to 5:00pm	Ready Group 4:00 - 4:45pm	Go Squad 5:00 - 6:00pm	Ready Group 4:00 - 4:45pm		Ready Group 8:30 - 9:15am
Ready Group 5:00 - 5:45pm	Set Squad 4:45 - 5:45pm	Enhance Squad 5:00 - 7:00pm	Go Squad 4:00 - 5:00pm		Set Squad 9:15 - 10:00am
Go Squad 5:45 - 6:45pm	Compete Squad 5:45 - 6:45pm	Performance Squad 5:00 - 7:00pm	Set Squad 5:00-5:45pm		Go Squad 10:00 - 11:00am
Enhance Squad 5:00 - 7:00pm			Compete Squad 5:45 - 6:45pm		Compete Squad 9:00 - 10:00am
Performance Squad 5:00 - 7:00pm					