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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Class name &**  | **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Friday** | **Sat** | **Total hours** |
| Mini Wag8 hours per week | 9am-1.00pm | 5.00pm-7.00pm | N/A | 5.00pm – 7.00pm | N/A | N/A | N/A | 8 |
| Junior Elite12 hours per week | 1.00pm-6.00pm | 5.00pm-8.00pm | 4.30pm-8.30pm | N/A | N/A | N/A | N/A | 12 |
| Senior Elite16 hours per week | 9.00am-3.00pm | 4.30pm-8.30pm | 5 .30pm-8.30pm | 5.30pm-8.30pm | N/A | N/A | N/A | 16 |
| Junior development6 hours per week | 9.00am-1.00pm | N/A | N/A | N/A | Conditioning and stretch5.00pm-7.00pm | N/A | N/A | 6 |
| Senior development6 hours | 2.00pm-6.00pm | N/A | N/A | N/A | Conditioning and stretch5.00pm-7.00pm | N/A | N/A | 6 |
| Minor Boys7 hours per week | 9.00am-1.00pm | 4.30pm-7.30pm | N/A | N/A | N/A | N/A | N/A | 7 |
| Senior Boys 8 hours per week | 2.00pm-6.00pm | 4.30pm-8.30pm | N/A | N/A | N/A | N/A | N/A | 8 |
| Circus squad4 hours per week | N/A | N/A | N/A | N/A | N/A | N/A | 1.00pm-4.00pm | 3 |
| Boys development squad | N/A | N/A | N/A | N/A | N/A | N/A | 1pm-4pm | 3 |