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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Class name &** | **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Friday** | **Sat** | **Total hours** |
| Mini Wag  8 hours per week | 9am  -  1.00pm | 5.00pm  -  7.00pm | N/A | 5.00pm  –  7.00pm | N/A | N/A | N/A | 8 |
| Junior Elite  12 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 Elite  16 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 development  6 hours per week | 9.00am  -  1.00pm | N/A | N/A | N/A | Conditioning and stretch  5.00pm  -  7.00pm | N/A | N/A | 6 |
| Senior development  6 hours | 2.00pm  -  6.00pm | N/A | N/A | N/A | Conditioning and stretch  5.00pm  -  7.00pm | N/A | N/A | 6 |
| Minor Boys  7 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 squad  4 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 |