

WAG WEEKLY TRAINING SCHEDULE NOVEMBER 5-11 updated Nov 6/23

5 SUNDAY	6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY	11 SAT
<p>Compulsory 3 9am-12:30pm (Chris)</p> <p>Aspires 12pm-4pm (Cassidy)</p> <p>XS/G 12:30pm-4:30pm (Avery)</p> <p>XB/S 12:30pm-3:30pm (Nabil)</p> <p>Compulsory 4&5 1pm-4pm (Chris)</p> <p>Compulsory 4 1pm-4pm (Allison)</p> <p>ODP 2 2:30pm-5:30pm (Arielle)</p> <p>Compulsory 2 4pm-6pm (Allison)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Provincial 6-8 4pm-8pm (Cassidy)</p> <p>Compulsory 4&5 4pm-8:30pm (Chris)</p> <p>Compulsory 4 4pm-8:00pm (Allison)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Compulsory 3 1pm-4pm (Chris)</p> <p>Provincial 6-8 1:30pm-5:30pm (Cassidy)</p> <p>Aspires 3:30pm-8:30pm (Cassidy)</p> <p>Compulsory 4&5 4pm-8:30pm (Chris)</p> <p>Compulsory 2 4pm-7:30pm (Allison)</p> <p>XS/G 4:30pm-8:30pm (Avery)</p> <p>XB/S 5:30pm-8:30pm (Nabil)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Compulsory 4 3pm-7:30pm (Allison)</p> <p>Compulsory 3 4pm-8pm (Chris)</p> <p>Provincial 6-8 4pm-8:00pm (Cassidy)</p> <p>ODP 1 4pm-7pm (Avery)</p> <p>ODP 2 5pm-8pm (Arielle)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Provincial 6-8 3:30pm-8:30pm (Cassidy)</p> <p>Aspires 3:30pm-8:30pm (Sandra)</p> <p>Compulsory 4&5 4pm-8pm (Chris)</p> <p>Compulsory 4 4pm-8:30pm (Allison)</p> <p>XS/G 4:30pm-8:30pm (Avery)</p> <p>XB/S 5:30pm-8:30pm (Nabil)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>TOUR SELECTION SANDRA</p> <p>Aspires 12:30pm-4:30pm (Cassidy)</p> <p>Compulsory 3 4pm-7:30pm (Chris)</p> <p>Compulsory 2 4pm-7:30pm (Allison)</p> <p>ODP 1 4pm-7pm (Avery)</p> <p>Provincial 6-8 4:30-7:30pm (Cassidy)</p> <p>MOCK MEET</p>	<p>TOUR SELECTION</p>

Highlighted indicates change to schedule or coaching

WAG WEEKLY TRAINING SCHEDULE NOVEMBER 12-18

SUNDAY 12	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SAT 18
<p>Compulsory 3 9am-12:30pm (Chris)</p> <p>Provincial 6-8 9AM-12:30 (Cassidy) MAKE UP for Nov 13</p> <p>Aspires 12pm-4pm (Cassidy)</p> <p>XS/G 12:30pm-4:30pm (Avery)</p> <p>XB/S 12:30pm-3:30pm (Nabil)</p> <p>Compulsory 4&5 1pm-4pm (Chris)</p> <p>Compulsory 4 1pm-4pm (Allison)</p> <p>ODP 2 2:30pm-5:30pm (Arielle)</p> <p>Compulsory 2 4pm-6pm (Allison)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Compulsory 4&5 4pm-8:30pm (Chris)</p> <p>Compulsory 4 4pm-8:00pm (Allison)</p> <p>Chantel away</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Compulsory 3 1pm-4pm (Chris)</p> <p>Provincial 6-8 1:30pm-5:30pm (Cassidy)</p> <p>Aspires 3:30pm-8:30pm (Cassidy)</p> <p>Compulsory 4&5 4pm-8:30pm (Chris)</p> <p>Compulsory 2 4pm-7:30pm (Allison)</p> <p>XS/G 4:30pm-8:30pm (Avery)</p> <p>XB/S 5:30pm-8:30pm (Nabil)</p> <p>Chantel Away</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Compulsory 4 3pm-7:30pm (Allison)</p> <p>Compulsory 3 4pm-8pm (Chris)</p> <p>ODP 1 4pm-7pm (Avery)</p> <p>ODP 2 5pm-8pm (Arielle)</p> <p>Provincial 6-8 4pm-8:00pm (Cassidy)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Provincial 6-8 3:30pm-8:30pm (Cassidy)</p> <p>Aspires 3:30pm-8:30pm (Sandra)</p> <p>Compulsory 4&5 4pm-8pm (Chris)</p> <p>Compulsory 4 4pm-8:30pm (Allison)</p> <p>XS/G 4:30pm-8:30pm (Avery)</p> <p>XB/S 5:30pm-8:30pm (Nabil)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Lena)</p> <p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Aspires 12:30pm-4:30pm (Cassidy)</p> <p>Compulsory 3 4pm-7:30pm (Chris)</p> <p>Compulsory 2 4pm-7:30pm (Allison)</p> <p>ODP 1 4pm-7pm (Avery)</p> <p>Provincial 6-8 4:30-7:30pm (Cassidy)</p>	