

WAG WEEKLY TRAINING SCHEDULE December 17-23, 2023

updated Dec 17,, 2023

SUNDAY 17	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SAT 23
<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 (Chantel)</p> <p>National/Lv8-10 12:30pm-5:30pm (Cassidy)</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>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>Aspires 12:30pm-4:30pm (Cassidy)</p> <p>Compulsory 3 2:30pm -5:30pm(Chris)</p> <p>Compulsory 2 2:30pm-5:30pm (Allison)</p> <p>ODP 1 2:30pm-5:30pm (Avery)</p> <p>Provincial 6-8 2:00pm - 5:30pm (Cassidy & Chantel))</p> <p>LAST DAY OF TRAINING BEFORE HOLIDAYS</p>	<p>NO TRAINING</p>

WAG WEEKLY TRAINING SCHEDULE December 2-30, 2023

updated Dec 17,, 2023

SUNDAY 24	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SAT 30
<p>NO TRAINING</p>	<p>NO TRAINING</p> <p>HAPPY</p> <p>HOLIDAYS!!</p>	<p>NO TRAINING</p>	<p>National/Lv8-10 8:30am-1:30pm(Lena)</p> <p>National/Lv8-10 8:30am-1:30pm (Sandra)</p> <p>Provincial 6-8 3:30pm-7:30pm</p> <p>Compulsory 4 3:00pm-7:30pm (Allison)</p> <p>Compulsory 3 4:00pm-7:30pm (Chris)</p> <p>ODP 1 4pm-7pm (Avery)</p> <p>ODP 2 4pm-7pm (TBD)</p>	<p>National/Lv8-10 8:30am-1:30pm(Lena)</p> <p>National/Lv8-10 8:30am-1:30pm (Sandra)</p> <p>Provincial 6-8 9:30am-1:00pm</p> <p>Aspires 1:30pm-6:30pm (Cassidy & Sandra)</p> <p>Compulsory 4&5 4pm-8:00pm (Chris)</p> <p>Compulsory 4 4:00pm-8:00pm (Allison)</p> <p>XS/G 4:30pm-8:30pm (Avery)</p> <p>XB/S 5:30pm-8:30pm (Nabil)</p>	<p>National/Lv8-10 8:30am-1:30pm(Lena)</p> <p>National/Lv8-10 8:30am-1:30pm (Sandra)</p> <p>Provincial 6-8 9:30am-1:00pm</p> <p>Aspires 1:30pm-5:30pm (Cassidy)</p> <p>Compulsory 3 1:30pm-5:30pm(Chris)</p> <p>Compulsory 2 2:00pm-5:00pm (Allison)</p>	<p>NO TRAINING</p>

WAG WEEKLY TRAINING SCHEDULE December 2-30, 2023

updated Dec 17,, 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
31 NO TRAINING	1 NO TRAINING HAPPY HOLIDAYS!!	2 National/Lv8-10 8:30am-1:30pm(Lena) National/Lv8-10 8:30am-1:30pm (Sandra) Provincial 6-8 9:30am-1:00pm (Cassidy) Aspires 1:30pm-6:30pm Compulsory 3 12:30pm-3:30pm (Chris) Compulsory 4&5 4pm-8:00pm (Chris) Compulsory 2 4:00pm-7:30pm (Allison) XS/G 4:30pm-8:30pm (Avery) XB/S 5:30pm-8:30pm (Nabil)	3 National/Lv8-10 8:30am-1:30pm(Lena) National/Lv8-10 8:30am-1:30pm (Sandra) Provincial 6-8 3:30pm-7:30pm (Cassidy) Compulsory 4 3:00pm-7:30pm (Allison) Compulsory 3 3:00pm-7:00pm (Chris) ODP 1 4pm-7pm (Avery) ODP 2 4pm-7pm (TBD)	4 National/Lv8-10 8:30am-1:30pm(Lena) National/Lv8-10 8:30am-1:30pm (Sandra) Provincial 6-8 9:30am-1:00pm (Cassidy) Aspires 1:30pm-6:30pm (Cassidy & Sandra) Compulsory 4&5 4pm-8:00pm (Chris) Compulsory 4 4:00pm-8:00pm (Allison) XS/G 4:30pm-8:30pm (Avery) XB/S 5:30pm-8:30pm (Nabil)	5 National/Lv8-10 8:30am-1:30pm(Lena) National/Lv8-10 8:30am-1:30pm (Sandra) Provincial 6-8 9:30am-1:00pm (Cassidy) Aspires 1:00pm-5:00pm (Cassidy) Compulsory 3 1:30pm-5:00pm (Chris) Compulsory 2 1:30pm-5:00pm (Allison) ODP 1 3:00pm-5:00pm (Avery) ODP 2 3:00pm-5:00pm (Arielle)	6 ODP 2 9:00am-12:00pm (Arielle) Aspires 12:30pm-4:30ppm

