

WAG WEEKLY TRAINING SCHEDULE March 18 - 23

Updated March 20

SUNDAY 17	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SAT 23
<p>GYM CLOSED</p>	<p>National/Lv8-10 12:30pm-5:30pm (Sandra)</p> <p>National/Lv8-10 12:30pm-5:30pm (Aleks))</p> <p>Provincial 6-8 4pm-8pm (Anne)</p> <p>Compulsory 4 4pm-8:00pm (Chantel)</p> <p>Compulsory 4&5 4pm-8:30pm (Chris)</p>	<p>National/Lv8-10 12:30pm-5:30pm (Sandra)</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-7pm (Avery)</p> <p>XS/G 4:30pm-8:30pm (Nabil)</p> <p>XB/S 5:30pm-8:30pm (Julia)</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 3pm-7pm (Chantel)</p> <p>Compulsory 3 4pm-8:00pm (Chris)</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-7:30pm(Cassidy/Sandra)</p> <p>Compulsory 4&5 4pm-8pm (Chris)</p> <p>XS/G 4:30pm-8:30pm (Nabil)</p> <p>XB/S 5:30pm-8:30pm (Julia)</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>3:00pm-4:30pm (CA)</p> <p>Compulsory 4 3:30pm-7:30pm (Arielle)</p> <p>4:30pm-6:00pm (CA)</p> <p>Compulsory 3 4pm-7:30pm (Chris)</p> <p>Provincial 6-8 4:30pm-7:30pm (Cassidy)</p> <p>6:00pm-7:30pm (CA)</p> <p>ODP 1 4pm-7pm (Avery)</p>	<p>ODP 2 9:00am-12:00pm (Arielle)</p> <p>Aspires 10am-3pm (Cassidy)</p> <p>Compulsory 2 9am-12pm (Avery)</p> <p>Makeup For Thurs March 21</p>

WAG WEEKLY TRAINING SCHEDULE March 24 - 30

Updated March 20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
24	25	26	27	28	29	30
Compulsory 4 9am-1pm (Chantel) Compulsory 3 9am-12:30pm (Chris) Compulsory 2 12:30pm-3:30pm (Avery) Compulsory 4&5 1:00pm-4:30pm (Chris) XS/G 1:30pm-5:30pm (Nabil) XB/S 2:30pm-5:30pm (Julia)	National/Lv8-10 12:30pm-5:30pm (Lena) National/Lv8-10 12:30pm-5:30pm (Sandra) Provincial 6-8 4pm-8pm (Anne) Compulsory 4&5 4pm-8:30pm (Chris) Testing for Aspires and Comp 4 teams 10am-12pm	National/Lv8-10 12:30pm-5:30pm (Lena) National/Lv8-10 12:30pm-5:30pm (Sandra) Compulsory 3 1pm-4pm (Chris) Provincial 6-8 1:30pm-5:30pm (Cassidy) Aspires 3:30pm-8:30pm (Cassidy) Compulsory 4&5 4pm-8:30pm (Chris) Compulsory 2 4pm-7pm (Avery) XS/G 4:30pm-8:30pm (Nabil) XB/S 5:30pm-8:30pm (Julia)	National/Lv8-10 12:30pm-5:30pm (Lena) National/Lv8-10 12:30pm-5:30pm (Sandra) Provincial 6-8 4pm-8pm (Cassidy) Compulsory 4 3pm-7pm (Chantel) Compulsory 3 4pm-7:00pm (Chris) Early finish due to testing Thursday morning ODP 1 4pm-7pm (Avery) ODP 2 5pm-8pm (Arielle)	National/Lv8-10 12:30pm-5:30pm (Lena) National/Lv8-10 12:30pm-5:30pm (Sandra) Provincial 6-8 3:30pm-7:30pm(Cassidy/Sandra) Aspires 3:30pm-7:30pm(Cassidy) Compulsory 4&5 4pm-8pm (Chris) XS/G 4:30pm-8:30pm (Maddie) XB/S 5:30pm-8:30pm (Julia) Testing for Teams Comp 2 and Comp 3 10am-12pm	GOOD FRIDAY GYM CLOSED!	ODP 2 9:00am-12:00pm (Arielle) Aspires 10am-3pm (Cassidy)

WAG WEEKLY TRAINING SCHEDULE March 31 - April 6

Updated March 20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>31</p> <p>Compulsory 4 9am-1pm (Chantel)</p> <p>Compulsory 3 9am-12:30pm (Chris)</p> <p>Compulsory 2 12:30pm-3:30pm (Avery)</p> <p>Compulsory 4&5 1:00pm-4:30pm (Chris)</p> <p>XS/G 1:30pm-5:30pm (Zenia)</p> <p>XB/S 2:30pm-5:30pm (Julia)</p>	<p>1</p> <p>EASTER MONDAY</p> <p>GYM CLOSED!</p>	<p>2</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-7pm (Avery)</p> <p>XS/G 4:30pm-8:30pm (Nabil)</p> <p>XB/S 5:30pm-8:30pm (Julia)</p>	<p>3</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 3pm-7pm (Chantel)</p> <p>Compulsory 3 4pm-8:00pm (Chris)</p> <p>ODP 1 4pm-7pm (Avery)</p> <p>ODP 2 5pm-8pm (Arielle)</p>	<p>4</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-7:30pm(Cassidy/Sandra)</p> <p>Aspires 3:30pm-7:30pm(Cassidy)</p> <p>Compulsory 4&5 4pm-8pm (Chris)</p> <p>Compulsory 2 4pm-7pm (Avery)</p> <p>XS/G 4:30pm-8:30pm (Nabil)</p> <p>XB/S 5:30pm-8:30pm (Julia)</p>	<p>5</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 4 3:30pm-7:30pm (Chantel)</p> <p>Compulsory 3 4pm-7:30pm (Chris)</p> <p>Provincial 6-8 4:30pm-7:30pm (Cassidy)</p> <p>ODP 1 4pm-7pm (Avery)</p>	<p>6</p> <p>ODP 2 9:00am-12:00pm (Arielle)</p> <p>Aspires 10am-3pm (Cassidy)</p>