

WAG WEEKLY TRAINING SCHEDULE - October 6 - October 12

6 SUNDAY	7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SAT
<p>TEAM 3A - CK 9:00am-1:30pm</p> <p>Team 2B/C - CK/CV 10:00am-2:30pm</p> <p>XB/S - CS/PC 10:30am-1:30pm</p> <p>XS/G 12hrs - CS/NF 12:30pm-4:30pm</p> <p>Team 3B/C - JC/AB 1:00pm-4:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>Team 3B/C - JC 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:30pm-7:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>XB/S - CS/NF 5:30pm-8:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 2A - SY 12:30pm-5:30pm</p> <p>TEAM 3A - CK 1:00pm-5:00pm</p> <p>Team 3B/C - AB 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:00pm-7:00pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>TEAM 3A - CK 3:30pm-7:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>ODP - CS 4:00pm-6:00pm</p> <p>XB/S - CS/PC/JC (sub) 5:30pm-8:30pm</p>	<p>Team 1A - LY 9:30am-2:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 3B - AB 2:00pm-5:30pm</p> <p>TEAM 3A - CK 4:00pm-7:30pm</p> <p>Team 3C - JC 4:00pm-7:00pm</p>	

LY - Lena, SY - Sandra, CV - Cassidy, CK - Chantel, CS - Chris, NF - Nabil, PC - Patricia, AB - Avery, JC - Julia

WAG WEEKLY TRAINING SCHEDULE - October 13 - October 19

13 SUNDAY	14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SAT
<p>TEAM 3A - CK 9:00am-1:30pm</p> <p>Team 2B/C - CK/CV 10:00am-2:30pm</p> <p>Team 3B/C - JC/AB 1:00pm-4:30pm</p> <p>No training for Xcel as Make up class was Sat Oct 5</p>	<p>NO TRAINING</p> <p>Happy thanksgiving!</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>XB/S - CS/NF 5:30pm-8:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 2A - SY 12:30pm-5:30pm</p> <p>TEAM 3A - CK 1:00pm-5:00pm</p> <p>Team 3B/C - AB 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:00pm-8:00pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>TEAM 3A - CK 3:30pm-7:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>ODP - CS 4:00pm-6:00pm</p> <p>XB/S - CS/PC 5:30pm-8:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 3B - AB 2:00pm-5:30pm</p> <p>TEAM 3A - CK 4:00pm-7:30pm</p> <p>Team 3C - JC 4:00pm-7:00pm</p>	

LY - Lena, SY - Sandra, CV - Cassidy, CK - Chantel, CS - Chris, NF - Nabil, PC - Patricia, AB - Avery, JC - Julia

WAG WEEKLY TRAINING SCHEDULE - October 20 - October 26

SUNDAY 20	MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	SAT 26
<p>TEAM 3A - CK 9:00am-1:30pm</p> <p>Team 2B/C - CK/CV 10:00am-2:30pm</p> <p>XB/S - CS/PC 10:30am-1:30pm</p> <p>XS/G 12hrs - CS/NF 12:30pm-4:30pm</p> <p>Team 3B/C - JC/AB 1:00pm-4:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>Team 3B/C - JC 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:30pm-8:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>XB/S - CS/NF 5:30pm-8:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 2A - SY 12:30pm-5:30pm</p> <p>TEAM 3A - CK 1:00pm-5:00pm</p> <p>Team 3B/C - AB 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:00pm-7:00pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>TEAM 3A - CK 3:30pm-7:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>ODP - CS 4:00pm-6:00pm</p> <p>XB/S - CS/PC 5:30pm-8:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 3B - AB 2:00pm-5:30pm</p> <p>TEAM 3A - CK 4:00pm-7:30pm</p> <p>Team 3C - JC 4:00pm-7:00pm</p>	

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WAG WEEKLY TRAINING SCHEDULE - October 26 - November 2

SUNDAY 27	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1	SAT 2
<p>TEAM 3A - CK 9:00am-1:30pm</p> <p>Team 2B/C - CK/CV 10:00am-2:30pm</p> <p>XB/S - CS/PC 10:30am-1:30pm</p> <p>XS/G 12hrs - CS/NF 12:30pm-4:30pm</p> <p>Team 3B/C - JC/AB 1:00pm-4:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 2 - CS/CV 4:00pm-8:30pm</p> <p>Team 3B/C - JC 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:30pm-7:30pm</p> <p style="color: red;">Chantel away</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A -/CV 12:30pm-5:30pm</p> <p>Team 2B - CS/CV 4:00pm-8:30pm</p> <p>XB/S - CS/NF 5:30pm-8:30pm</p> <p style="color: red;">Chantel away</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 2A - SY 12:30pm-5:30pm</p> <p>TEAM 3A - CS 1:00pm-5:00pm</p> <p>Team 3B/C - AB 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:00pm-7:00pm</p> <p style="color: red;">Chantel away</p>	<p>Team 1A - LY 12:30pm-4:00pm</p> <p>Team 1B - SY 12:30pm-4:00pm</p> <p>Team 2A - CV 12:30pm-4:00pm</p> <p style="text-align: center;">NO TRAINING FOR EVENING CLASSES!</p> <p style="text-align: center;">OFFICE and GYM CLOSSES AT 4pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 3B - AB 2:00pm-5:30pm</p> <p>TEAM 3A - CK 4:00pm-7:30pm</p> <p>Team 3C - JC 4:00pm-7:00pm</p>	

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WAG WEEKLY TRAINING SCHEDULE - November 3 - November 9

3 SUNDAY	4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY	9 SAT
<p>TEAM 3A - CK 9:00am-1:30pm</p> <p>Team 2B/C - CK/CV 10:00am-2:30pm</p> <p>XB/S - CS/PC 10:30am-1:30pm</p> <p>XS/G 12hrs - CS/NF 12:30pm-4:30pm</p> <p>Team 3B/C - JC/AB 1:00pm-4:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>Team 3B/C - JC 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:30pm-7:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>XB/S - CS/NF 5:30pm-8:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 2A - SY 12:30pm-5:30pm</p> <p>TEAM 3A - CK 1:00pm-5:00pm</p> <p>Team 3B/C - AB 4:00pm - 7:30pm</p> <p>XS/G 12hrs - CS/NF 4:15pm-8:15pm</p> <p>ODP - SY 5:00pm-7:00pm</p>	<p>Team 1A - LY 12:30pm-4:00pm</p> <p>Team 1B - SY 12:30pm-4:00pm</p> <p>Team 2A - CV 12:30pm-4:00pm</p> <p>TEAM 3A - CK 3:30pm-7:30pm</p> <p>Team 2B/C - CK/CV 4:00pm-8:30pm</p> <p>ODP - CS 4:00pm-6:00pm</p> <p>XB/S - CS/PC 5:30pm-8:30pm</p>	<p>Team 1A - LY 12:30-5:30pm</p> <p>Team 1B - SY 12:30pm-5:30pm</p> <p>Team 2A - CV 12:30pm-5:30pm</p> <p>Team 3B - AB 2:00pm-5:30pm</p> <p>TEAM 3A - CK 4:00pm-7:30pm</p> <p>Team 3C - JC 4:00pm-7:00pm</p> <p>MOCK MEET for those competing at Twisters 1pm - 4pm with guest Judge</p>	<p>Tour Selection Competition!</p>

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