

Week 1 July 8th - July 13th							
Squad	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Total Hours
Senior Int. Squad	Hongwei Du 9.00am - 11.00am 3.00pm - 6.30pm	Hongwei Du 3.00pm - 7.00pm	Hongwei Du 3.00pm - 6.30pm	Hongwei Du 9.00am - 11.00am 3.00pm - 6.30pm	Hongwei Du 3.00pm - 7.00pm	Hongwei Du 9.00am - 12.30pm	26
	5.5	4	3.5	5.5	4	3.5	
Junior Int. Squad	Hongwei / Xiong Mid-Year Break	Hongwei / Xiong Mid-Year Break	Hongwei / Xiong Mid-Year Break	Hongwei / Xiong Mid-Year Break	Hongwei / Xiong Mid-Year Break	Hongwei / Xiong 9.00am - 12.30pm	3.5
	0	0	0	0	0	3.5	
Blue Squad	Mandy 2.45pm - 6.45pm		Mandy 8.00am - 11.30am 12.00pm - 3.30pm		Mandy 2.45pm - 6.45pm	Mandy 8.00am - 12.00pm	19
	4		7		4	4	
Teal Squad	Mandy 8.00am - 11.30am	Mandy 2.45pm - 6.45pm		Mandy 8.00am - 11.30am 12.30pm - 3.30pm		Mandy & Jack 12.15pm - 3.15pm	17
	3.5	4		6.5		3	
Lime Squad	Mandy 8.00am - 11.30am	Mandy 2.45pm - 5.45pm		Mandy 8.00am - 11.30am 12.30pm - 3.30pm		Mandy & Jack 12.15pm - 3.15pm	15.5
	3	3		6.5		3	

Week 2 July 15th - July 20th							
Squad	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Total Hours
Senior Int. Squad	Hongwei Du	Hongwei Du	Hongwei Du	Hongwei Du	Hongwei Du	Hongwei Du	26
	9.00am - 11.00am 3.00pm - 6.30pm	3.00pm - 7.00pm	3.00pm - 6.30pm	3.00pm - 6.30pm	3.00pm - 7.00pm	9.00am - 12.30pm	
	5.5	4	3.5	5.5	4	3.5	
Junior Int. Squad	Hongwei / Xiong	Hongwei / Xiong	Hongwei / Xiong	Hongwei / Xiong	Hongwei / Xiong	Hongwei / Xiong	26
	9.00am - 11.00am 3.00pm - 6.30pm	3.00pm - 7.00pm	3.00pm - 6.30pm	3.00pm - 6.30pm	3.00pm - 7.00pm	9.00am - 12.30pm	
	5.5	4	3.5	5.5	4	3.5	
Blue Squad	Mandy		Mandy		Mandy	Mandy	19
	2.45pm - 6.45pm		8.00am - 11.30pm 12.00pm - 3.30pm		2.45pm - 6.45pm	8.00am - 12.00pm	
	4		7		4	4	
Teal Squad	Mandy	Mandy		Mandy		Mandy & Jack	17.5
	8.00am - 12.00pm	8.00am - 11.30pm 12.30pm - 3.30pm		8.00am - 12.00pm		12.15pm - 3.15pm	
	4	6.5		4		3	
Lime Squad	Mandy	Mandy				Mandy & Jack	13
	8.00am - 11.30am	12.30pm - 3.30pm		8.00am - 11.30am		12.15pm - 3.15pm	
	3.5	3		3.5		3	