



Squad Timetable Sept 2023/ July 2024

Please note all squads must wear a leotard and shorts/leggings to training at every session.

Class name &	Mon	Tues	Wed	Thurs	Friday	Sat	Total hours
Mini Wag 8 hours per week	4pm-6pm	N/A	4.30-6.30pm craig			2.30-6.30pm	8
Elite Compulsory Group 16 hours	4.30-8.30pm	4.30-8.30pm	4.30-8.30pm			2.30-6.30pm	16
National NDP 16 hours per week	4.30-8.30pm	4.30-8.30pm			4.30-8.30pm	9.00-1.00pm	16
Regional NDP Classic challenge 12 hours per week		4.30-8.30pm		4.30-8.30pm		2.30-6.30pm	12
Junior GIAGO 4 hours per week						9.00-1.00pm	4
Senior GIAGO 4 hours per week			4.30-8.30pm				4
Aspire 4 piece 8 hours	4.30-8.30pm					2.30-6.30pm	8
Senior Boys 8 hours per week	4.30-8.30pm					2.30-6.30pm	10
Circus squad 3 hours per week						12.00pm - 3.00pm	3
Boys development squad 6 hours per week				4.00-6.00pm		2.30-6.30pm	6
Rhythmic Hand apparatus 4 hours per week					4.30-8.30pm		4

Squad hours	Amount
3	85.00
4	95.00
5-6	100.00
7-9	115.00
10-11	130.00
12-13	135.00
14-16	150.00