

Squad Session Times 2024

Squad Name	Monday		Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday
PERFORMANCE	5 00 4 30	7 00 6 30	5 00	7 00					

! " # \$ % & ' () * + , - . / & \$ # 0 1 . 2 0 \$ \$ \$ \$ \$ \$ 3 4 \$ 5 (6 \$ 7 8 9 \$ 5 , 2 : ((; \$ < % = \$ > ? @ A \$ \$ \$ \$ \$ B : / C D C) & B E ; F 1 B : F 0 ; , F - , \$ \$ \$ \$ \$ @ G \$? H 8 > \$ 9 > A 8

SQUAD DESCRIPTIONS:

F
!"#\$%&\$ ' () *#+, - (. !/+!01#!01/\$. !2#3#2!&%!& - \$!*& ' 42#0/3#!+, - (. !4\$&5\$(' 6!78/ ' ' #\$/!)!01/+!+, - (. !8/22!9#!
\$# , -/\$# . !0&!9#!(! ' # ' 9#\$!&%!01#! : ; < ! : (\$2/)+!78/ ' ' /)5!<2-96!78/ ' ' #\$/!)!01/+!+, - (. !8/22!9#!\$# , -/\$# . !0&!*& ' 4#0#!(0!70(0#!(5#=#!70(0#!>4#)!() . !? (0/&) (2!(5#!
& ' 4#0/0/&)+!8/01!(+4/\$ (0/&)+!0&!+8/ ' !/)!(!? (0/&) (2!&4#)!#3#)06!78/ ' ' #\$/!8/22!&)0/)-#!0&!%&* -+!&)!01#/\$! ' (/)!+0&@#!() . !8/22!9#!\$# , -/\$# . !0&!(*1/#3#!(! ' /)/ ' - ' !&%!
%& - \$!) (0/&) (2!(5#!, - (2/%A/)5!0/ ' #+!&\$!08&!) (0/&) (2!&4#)!, - (2/%A/)5!0/ ' #+6!!
!!