

Mon 21-May-18

| Time | Group | Activity | Coach |
|---------------|----------|--------------------------------|-------|
| 6.00-6.50 | 3 | BALLET | SR |
| 7.10-8.00 | 4 | BALLET | SR |
| 7.10-8.00 | 1 | Specific physical conditioning | JI |
| 17.10 - 18.00 | 2A | Specific physical conditioning | JI |
| 18.00- 19.00 | 2B/Dance | Specific physical conditioning | LK |

Tue 22-May-18

| Time | Group | Activity | Coach |
|-------------|-------|--------------------------------|-------|
| 5.50-6.40 | 2A | Specific physical conditioning | CP |
| 7.00-8.00 | 3 | Specific physical conditioning | RW |
| 7.00-7.45 | 1 | Specific physical conditioning | TC |
| 17.55-18.50 | 2B | Specific physical conditioning | CP |
| 18.50-21.15 | NSSA | | |

Wed 23-May-18

| Time | Group | Activity | Coach |
|-------------|--------------|--------------------------------|-------|
| 5.50-6.40 | 2A/Dance | DANCE | SR |
| 7.00-8.00 | 1/Dance | DANCE | SR |
| 16.45-17.30 | Jnr. Academy | Specific physical conditioning | RW/JB |
| 17.30-18.15 | 4 | Specific physical conditioning | LK |

23.5.18

THUR 24-May-18

| Time | Group | ACTIVITY | COACH |
|-------------|-------|--------------------------------|-------|
| 6.00-6.45 | 2B/3 | DANCE | HK |
| 7.00-8.00 | 4 | DANCE | HK |
| 16.10-17.10 | 1 | Specific physical conditioning | CP |
| 17.10-18.10 | 2A | Specific physical conditioning | CP |
| 18.15-21.30 | NSSA | | |

FRI 25-May-18

| Time | Group | Activity | Coach |
|-------------|----------|--------------------------------|-------|
| 7.00-8.00 | 3 | Specific physical conditioning | RC |
| 16.10-17.10 | 1/Dance | BALLET | KS |
| 17.20-18.10 | 2A/Dance | BALLET | KS |

SAT 26-May-18

| Time | Group | Activity | Coach |
|-------------|-------|--------------------------------|-------|
| 7.10-8.00 | 2B | DANCE | HK |
| 8.10-9.00 | 3 | BALLET | HK |
| 9.15-10.15 | 4 | Specific physical conditioning | TC |
| 10.15-11.15 | 2A | Specific physical conditioning | TC |
| 11.15-12.15 | 1 | Specific physical conditioning | JI |

SUN 27-May-18

| Time | Group | Activity | Coach |
|-------------|--------------|--------------------------------|-------|
| 8.15-9.15 | Dance | Specific physical conditioning | HK |
| 9.30-10.15 | Jnr. Academy | Specific physical conditioning | CP/HK |
| 10.15-15.30 | NSSA | | |

Mon 28-May-18

| Time | Group | Activity | Coach |
|---------------|----------|--------------------------------|-------|
| 6.00-6.50 | 3 | BALLET | SR |
| 7.10-8.00 | 4 | BALLET | SR |
| 7.10-8.00 | 1 | Specific physical conditioning | JI |
| 17.10 - 18.00 | 2A | Specific physical conditioning | RC |
| 18.00- 19.00 | 2B/Dance | Specific physical conditioning | LK |

Tue 29-May-18

| Time | Group | Activity | |
|-------------|-------|--------------------------------|----|
| 5.50-6.40 | 2A | Specific physical conditioning | CP |
| 7.00-8.00 | 3 | Specific physical conditioning | RW |
| 7.00-7.45 | 1 | Specific physical conditioning | LK |
| 17.00-18.00 | 2B | Specific physical conditioning | LK |
| 19.00-20.00 | NSSA | | |

Wed 30-May-18

| Time | Group | Activity | |
|-------------|--------------|--------------------------------|-------|
| 5.50-6.40 | 2A/Dance | DANCE | SR |
| 7.00-8.00 | 1/Dance | DANCE | SR |
| 16.45-17.30 | Jnr. Academy | Specific physical conditioning | RW/JB |
| 17.30-18.15 | 4 | Specific physical conditioning | LK |
| 19.15-22.00 | NSSA | | |

22.3.18

THUR 31-May-18

| Time | Group | ACTIVITY | COACH |
|-------------|-------|--------------------------------|-------|
| 6.00-6.45 | 2B/3 | DANCE | HK |
| 7.00-8.00 | 4 | DANCE | HK |
| 16.10-17.10 | 1 | Specific physical conditioning | RC |
| 17.10-18.10 | 2A | Specific physical conditioning | RC |
| 18.15-22.30 | NSSA | | |

FRI 01-Jun-18

| Time | Group | Activity | |
|-------------|------------|--------------------------------|----|
| 7.00-8.00 | 3 | Specific physical conditioning | CP |
| 16.10-17.00 | 2b/Dance | BALLET | KS |
| 17.15-18.15 | 1/2A/Dance | BALLET | KS |

SAT 02-Jun-18

| Time | Group | Activity | |
|-------------|--------|--------------------------------|-------|
| 7.10-8.10 | 2B & 3 | DANCE | HK |
| 08.10-09.10 | 4 | BALLET | HK |
| 09.10-10.10 | 2A | Specific physical conditioning | CP |
| 10.10-11.10 | 1 | Specific physical conditioning | JI |
| 16.15-17.15 | NSSA | | EM/LK |
| 19.30-20.30 | NSSA | | EM/LK |

SUN 03-Jun-18

| Time | Group | Activity | |
|-------------|--------------|--------------------------------|-------|
| 8.15-9.15 | Dance | Specific physical conditioning | HK |
| 9.30-10.15 | Jnr. Academy | Specific physical conditioning | TK/HK |
| 10.15-14.15 | NSSA | | MZ |

Mon 04-Jun-18

| Time | Group | Activity | Coach |
|---------------|----------|--------------------------------|-------|
| 6.00-6.50 | 3 | BALLET | SR |
| 7.10-8.00 | 4 | BALLET | SR |
| 7.10-8.00 | 1 | Specific physical conditioning | JI |
| 17.10 - 18.00 | 2A | Specific physical conditioning | JS |
| 18.00- 19.00 | 2B/Dance | Specific physical conditioning | LK |
| 21.55-22.55 | NSSA | | JB/EP |

Tue 05-Jun-18

| Time | Group | Activity | |
|-------------|-------|--------------------------------|----|
| 5.50-6.40 | 2A | Specific physical conditioning | RW |
| 7.00-8.00 | 3 | Specific physical conditioning | RW |
| 7.00-7.45 | 1 | Specific physical conditioning | CP |
| 17.10-18.00 | 2B | Specific physical conditioning | LK |
| 18.15-21.00 | NSSA | | EM |

Wed 06-Jun-18

| Time | Group | Activity | |
|-------------|--------------|--------------------------------|-------|
| 5.50-6.40 | 2A/Dance | DANCE | SR |
| 7.00-8.00 | 1/Dance | DANCE | SR |
| 16.45-17.30 | Jnr. Academy | Specific physical conditioning | RW/JB |
| 17.30-18.15 | 4 | Specific physical conditioning | LK |
| 19.00-19.45 | NSSA | | EP |

20.5.18

THUR 07-Jun-18

| Time | Group | ACTIVITY | COACH |
|-------------|-------|--------------------------------|-------|
| 6.00-6.45 | 2B/3 | DANCE | HK |
| 7.00-8.00 | 4 | DANCE | HK |
| 16.10-17.10 | 1 | Specific physical conditioning | CP |
| 17.10-18.10 | 2A | Specific physical conditioning | CP |
| 19.30-20.15 | NSSA | | EP |

FRI 08-Jun-18

| Time | Group | Activity | |
|-------------|----------|--------------------------------|----|
| 6.00-7.00 | Dance | Specific physical conditioning | SS |
| 7.00-8.00 | 3 | Specific physical conditioning | RC |
| 16.10-17.00 | 1/Dance | BALLET | KS |
| 17.00-18.00 | 2A/Dance | BALLET | KS |

SAT 09-Jun-18

| Time | Group | Activity | COACH |
|-------------|-------|--------------------------------|-------|
| 6.00-6.45 | 3 | DANCE | HK |
| 6.50-7.40 | 2B | BALLET | HK |
| 7.45-8.45 | 4 | Specific physical conditioning | CP |
| 8.55-9.55 | 1/2A | Specific physical conditioning | JI |
| 16.15-17.15 | NSSA | | LK/EM |
| 19.30-20.30 | NSSA | | LK/EM |

SUN 10-Jun-18

| Time | Group | Activity | |
|-------------|--------------|--------------------------------|-------|
| 8.15-9.15 | Dance | Specific physical conditioning | HK |
| 9.30-10.15 | Jnr. Academy | Specific physical conditioning | TK/HK |
| 12.15-16.15 | NSSA | | MZ |

Mon 11-Jun-18

| Time | Group | Activity | Coach |
|---------------|----------|--------------------------------|-------|
| 6.00-6.50 | 3/DANCE | BALLET | SR |
| 7.10-8.00 | 4 | BALLET | SR |
| 7.10-8.00 | 1 | Specific physical conditioning | JI |
| 17.10 - 18.00 | 2A | Specific physical conditioning | JS |
| 18.00- 19.00 | 2B/Dance | Specific physical conditioning | COVER |
| 21.55-22.55 | NSSA | | JB/EP |

Tue 12-Jun-18

| Time | Group | Activity | |
|-------------|-------|--------------------------------|-------|
| 5.50-6.40 | 2A | Specific physical conditioning | RW |
| 06.55-07.55 | 3 | Specific physical conditioning | RW |
| 7.00-7.45 | 1 | Specific physical conditioning | COVER |
| 17.55-18.55 | 2B | Specific physical conditioning | COVER |

Wed 13-Jun-18

| Time | Group | Activity | |
|-------------|--------------|--------------------------------|-------|
| 5.50-6.50 | 2A/Dance | DANCE | SR |
| 6.50-7.40 | 1 | DANCE | SR |
| 16.45-17.30 | Jnr. Academy | Specific physical conditioning | RW/JB |
| 17.30-18.15 | 4 | Specific physical conditioning | LK |
| 18.15-21.15 | NSSA | | EM/LK |

20.5.18

THUR 14-Jun-18

| Time | Group | ACTIVITY | COACH |
|-------------|-------|--------------------------------|-------|
| 6.00-6.45 | 2B/3 | DANCE | HK |
| 7.00-8.00 | 4 | DANCE | HK |
| 16.10-17.10 | 1 | Specific physical conditioning | CP |
| 17.10-18.10 | 2A | Specific physical conditioning | CP |
| 18.15-22.15 | NSSA | | EM/LK |

FRI 15-Jun-18

| Time | Group | Activity | |
|-------------|----------|--------------------------------|----|
| 6.00-7.00 | Dance | Specific physical conditioning | NC |
| 7.00-8.00 | 3 | Specific physical conditioning | RC |
| 16.10-17.00 | 1/Dance | BALLET | KS |
| 17.00-18.00 | 2A/Dance | BALLET | KS |

SAT 16-Jun-18

| Time | Group | Activity | COACH |
|-------------|-------|--------------------------------|-------|
| 6.00-6.50 | 3 | DANCE | HK |
| 6.50-7.40 | 2B | BALLET | HK |
| 7.40-8.40 | 4 | Specific physical conditioning | SS |
| 8.50-9.50 | 1/2A | Specific physical conditioning | JI |
| 09.30-11.30 | NSSA | | EM/LK |

SUN 17-Jun-18

| Time | Group | Activity | |
|-------------|--------------|--------------------------------|-------|
| 8.15-9.15 | Dance | Specific physical conditioning | HK |
| 9.30-10.15 | Jnr. Academy | Specific physical conditioning | CP/HK |
| 10.15-14.15 | NSSA | | MZ |

| | | | |
|-------------|------|--|-------|
| 15.00-17.00 | NSSA | | EM/LK |
|-------------|------|--|-------|

Mon 18-Jun-18

| Time | Group | Activity | Coach |
|---------------|----------|--------------------------------|-------|
| 6.00-6.50 | 3 | BALLET | SR |
| 7.10-8.00 | 4 | BALLET | SR |
| 7.10-8.00 | 1 | Specific physical conditioning | JI |
| 17.10 - 18.00 | 2A | Specific physical conditioning | JS |
| 18.00- 19.00 | 2B/Dance | Specific physical conditioning | COVER |
| 21.55-22.55 | NSSA | | JB/EP |

Tue 19-Jun-18

| Time | Group | Activity | |
|-------------|-------|--------------------------------|-------|
| 5.50-6.40 | 2A | Specific physical conditioning | RW |
| 7.00-8.00 | 3 | Specific physical conditioning | RW |
| 7.00-7.45 | 1 | Specific physical conditioning | COVER |
| 17.10-18.00 | 2B | Specific physical conditioning | COVER |

Wed 20-Jun-18

| Time | Group | Activity | |
|-------------|--------------|--------------------------------|----------|
| 5.50-6.40 | 2A/Dance | DANCE | SR |
| 7.00-8.00 | 1/Dance | DANCE | SR |
| 16.45-17.30 | Jnr. Academy | Specific physical conditioning | RW/COVER |
| 17.30-18.15 | 4 | Specific physical conditioning | LK |
| 18.15-21.15 | NSSA | | EM/LK |

20.5.18

THUR 21-Jun-18

| Time | Group | ACTIVITY | COACH |
|-------------|-------|--------------------------------|-------|
| 6.00-6.45 | 2B/3 | DANCE | HK |
| 7.00-8.00 | 4 | DANCE | HK |
| 16.10-17.10 | 1 | Specific physical conditioning | CP |
| 17.10-18.10 | 2A | Specific physical conditioning | CP |
| 18.15-22.15 | NSSA | | EM/LK |

FRI 22-Jun-18

| Time | Group | Activity | |
|-------------|----------|--------------------------------|----|
| 6.00-7.00 | Dance | Specific physical conditioning | NC |
| 7.00-8.00 | 3 | Specific physical conditioning | RC |
| 16.10-17.00 | 1/Dance | BALLET | KS |
| 17.00-18.00 | 2A/Dance | BALLET | KS |

SAT 23-Jun-18

| Time | Group | Activity | COACH |
|-----------|-------|--------------------------------|-------|
| 6.00-6.50 | 3 | DANCE | HK |
| 6.50-7.40 | 2B | BALLET | HK |
| 7.40-8.40 | 4 | Specific physical conditioning | SS |
| 8.50-9.50 | 1/2A | Specific physical conditioning | JI |

SUN 24-Jun-18

| Time | Group | Activity | |
|-------------|--------------|--------------------------------|-------|
| 8.15-9.15 | Dance | Specific physical conditioning | HK |
| 9.30-10.15 | Jnr. Academy | Specific physical conditioning | CP/HK |
| 10.15-14.15 | NSSA | | MZ |

| | | | |
|-------------|------|--|-------|
| 18.00-19.30 | NSSA | | EM/LK |
|-------------|------|--|-------|

Mon 25-Jun-18

| Time | Group | Activity | Coach |
|---------------|----------|--------------------------------|-------|
| 6.00-6.50 | 3 | BALLET | SR |
| 7.10-8.00 | 4 | BALLET | SR |
| 7.10-8.00 | 1 | Specific physical conditioning | JI |
| 17.10 - 18.00 | 2A | Specific physical conditioning | JS |
| 18.00- 19.00 | 2B/Dance | Specific physical conditioning | COVER |
| 21.55-22.55 | NSSA | | JB/GW |

Tue 26-Jun-18

| Time | Group | Activity | Coach |
|-------------|-------|--------------------------------|-------|
| 5.50-6.40 | 2A | Specific physical conditioning | RW |
| 7.00-8.00 | 3 | Specific physical conditioning | RW |
| 7.00-7.45 | 1 | Specific physical conditioning | COVER |
| 17.10-18.00 | 2B | Specific physical conditioning | COVER |

Wed 27-Jun-18

| Time | Group | Activity | Coach |
|-------------|--------------|--------------------------------|----------|
| 5.50-6.40 | 2A/Dance | DANCE | SR |
| 7.00-8.00 | 1/Dance | DANCE | SR |
| 16.45-17.30 | Jnr. Academy | Specific physical conditioning | RW/COVER |
| 17.30-18.15 | 4 | Specific physical conditioning | LK |
| 18.15-21.15 | NSSA | | LK |

20.5.18

THUR 28-Jun-18

| Time | Group | ACTIVITY | COACH |
|-------------|-------|--------------------------------|-------|
| 6.00-6.45 | 2B/3 | DANCE | HK |
| 7.00-8.00 | 4 | DANCE | HK |
| 16.10-17.10 | 1 | Specific physical conditioning | CP |
| 17.10-18.10 | 2A | Specific physical conditioning | CP |
| 18.15-22.15 | NSSA | | LK |

FRI 29-Jun-18

| Time | Group | Activity | Coach |
|-------------|----------|--------------------------------|-------|
| 7.00-8.00 | 3 | Specific physical conditioning | RC |
| 16.10-17.10 | 1/Dance | BALLET | KS |
| 17.20-18.10 | 2A/Dance | BALLET | KS |

SAT 30-Jun-18

| Time | Group | Activity | COACH |
|-------------|-------|--------------------------------|-------|
| 7.10-8.10 | 2B | DANCE | HK |
| 8.10-9.00 | 3 | BALLET | HK |
| 9.10-10.10 | 4 | Specific physical conditioning | SS |
| 10.10-11.00 | 2A | Specific physical conditioning | |
| 11.00-11.50 | 1 | Specific physical conditioning | JI |

SUN 01-Jul-18

| Time | Group | Activity | Coach |
|------------|--------------|--------------------------------|-------|
| 8.15-9.15 | Dance | Specific physical conditioning | HK |
| 9.30-10.15 | Jnr. Academy | Specific physical conditioning | CP/HK |

