

Mon 16-Jul-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	SY
21.55-22.55	NSSA		JB/EP

Tue 17-Jul-18

Time	Group	Activity	Coach
5.50-6.40	2A	Specific physical conditioning	CP
6.55-7.55	3	Specific physical conditioning	RW
7.00-7.45	1	Specific physical conditioning	LK
17.10-18.00	2B	Specific physical conditioning	LK
18.00-18.45	NSSA		

Wed 18-Jul-18

Time	Group	Activity	Coach
5.50-6.40	2A/Dance	BALLET	SR
6.50-7.45	1/Dance	BALLET	SR
16.45-17.30	Jnr. Academy	Specific physical conditioning	SY/RW
17.30-18.15	4	Specific physical conditioning	LK

10.7.18

THUR 19-Jul-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

FRI 20-Jul-18

Time	Group	Activity	Coach
7.00-8.00	3	Specific physical conditioning	RC
16.10-17.00	1	DANCE	KS
17.00-18.00	2A/Dance	DANCE	KS
18.15-21.15	NSSA		LK

SAT 21-Jul-18

Time	Group	Activity	COACH
6.00-6.45	3	DANCE	HK
6.50-7.40	2B	BALLET	HK
7.40-8.40	4	Specific physical conditioning	RW
8.50-9.50	1/2A	Specific physical conditioning	JI

SUN 22-Jul-18

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

Mon 23-Jul-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
17.55-18.55	2B/Dance	Specific physical conditioning	SY
21.55-22.45	NSSA		JB

Tue 24-Jul-18

Time	Group	Activity	Coach
5.50-6.40	2A/DANCE	Specific physical conditioning	CP
6.50-7.50	3/DANCE	Specific physical conditioning	RW
7.00-7.45	1	Specific physical conditioning	TC
17.10-18.00	2B	Specific physical conditioning	LK
18.00-18.45	NSSA		JB

Wed 25-Jul-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	SY/RW
17.30-18.15	4	Specific physical conditioning	LK

16.7.18

THUR 26-Jul-18

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	SR
7.10-8.00	4	DANCE	SR
16.10-17.10	1	Specific physical conditioning	CP
17.10-18.10	2A	Specific physical conditioning	CP

FRI 27-Jul-18

Time	Group	Activity	Coach
7.00-8.00	3	Specific physical conditioning	RC
16.10-17.10	1/Dance	BALLET	KS
17.20-18.20	2A/Dance	BALLET	KS

SAT 28-Jul-18

Time	Group	Activity	COACH
7.10-8.10	2B	DANCE	SR
8.10-9.10	3	BALLET	SR
9.10-10.10	4	Specific physical conditioning	RW
10.10-11.00	2A	Specific physical conditioning	CP
11.00-11.50	1	Specific physical conditioning	JI
16.15-17.15	NSSA	Specific physical conditioning	
19.30-20.30	NSSA	Specific physical conditioning	

SUN 29-Jul-18

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

Mon 30-Jul-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	
17.10 - 18.00	2A	Specific physical conditioning	
18.05-18.55	2B/Dance	Specific physical conditioning	
21.55-22.45	NSSA		JB

Tue 31-Jul-18

Time	Group	Activity	
5.50-6.40	2A/DANCE	Specific physical conditioning	
6.50-7.50	3/DANCE	Specific physical conditioning	
7.00-7.45	1	Specific physical conditioning	
17.10-18.00	2B	Specific physical conditioning	
18.00-18.45	NSSA		JB

Wed 01-Aug-18

Time	Group	Activity	
5.50-6.40	2A/Dance	BALLET	
7.00-8.00	1/Dance	BALLET	
16.45-17.30	Jnr. Academy	Specific physical conditioning	
17.30-18.15	4	Specific physical conditioning	

18.6.18

THUR 02-Aug-18

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	
17.10-18.10	2A	Specific physical conditioning	

FRI 03-Aug-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	
16.10-17.10	1/Dance	DANCE	
17.20-18.20	2A/Dance	DANCE	

SAT 04-Aug-18

Time	Group	Activity	COACH
7.10-8.10	2B	DANCE	
8.10-9.10	3	BALLET	
9.10-10.10	4	Specific physical conditioning	
10.10-11.00	2A	Specific physical conditioning	
11.00-11.50	1	Specific physical conditioning	
13.30-14.30	NSSA	Specific physical conditioning	

SUN 05-Aug-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	
9.30-10.15	Jnr. Academy	Specific physical conditioning	

Mon 06-Aug-18

Time	Group	Activity	Coach
21.55-22.55	NSSA	Academy Break Specific physical conditioning	

Tue 07-Aug-18

Time	Group	Activity	
19.15-21.155	NSSA	Academy Break DANCE	

Wed 08-Aug-18

Time	Group	Activity	
18.15-22.15	NSSA	Academy Break Specific physical conditioning	
13.7.18			

THUR 09-Aug-18

Time	Group	ACTIVITY	COACH
		Academy Break	

FRI 10-Aug-18

Time	Group	Activity	
		Academy Break	

SAT 11-Aug-18

Time	Group	Activity	COACH
12.15-15.15	NSSA	Academy Break Specific physical conditioning	

SUN 12-Aug-18

Time	Group	Activity	
		Academy Break	

Mon 13-Aug-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
10.00- 19.00		NISA CONFERENCE	
17.10 - 18.00	1/2A	Specific physical conditioning - CONCOURSE	
17.55-18.45	2B	Specific physical conditioning- CONCOURSE	
21.55-22.45	NSSA	Specific physical conditioning	JB

Tue 14-Aug-18

Time	Group	Activity	
5.50-6.40	2A	Specific physical conditioning	
6.55-7.55	3	Specific physical conditioning	
7.00-7.45	1	Specific physical conditioning	
10.00-17.30		NISA CONFERENCE	
17.55-18.45	2B/3	Specific physical conditioning	
19.00-21.00	NSSA	DANCE	

Wed 15-Aug-18

Time	Group	Activity	
5.50-6.40	2A/Dance	DANCE	
7.00-7.45	1/Dance	DANCE	
16.45-17.30	Jnr. Academy	Specific physical conditioning	
17.30-18.15	4	Specific physical conditioning	

13.7.18

THUR 16-Aug-18

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
10.00-16.00	Private Booking	Private Booking	
16.10-17.10	1	Specific physical conditioning	
17.10-18.10	2A	Specific physical conditioning	

FRI 17-Aug-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	
10.00-16.00	Private Booking	Private Booking	
16.10-17.10	1/Dance	BALLET	
17.20-18.20	2A/Dance	BALLET	

SAT 18-Aug-18

Time	Group	Activity	COACH
7.10-8.10	2B & 4	DANCE	
8.10-9.10	2A & 3	BALLET	
9.10-10.10	1	Specific physical conditioning	
10.15-14.30	NSSA	Specific physical conditioning	

SUN 19-Aug-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	
9.30-10.15	Jnr. Academy	Specific physical conditioning	
10.15-11.00	NSSA	Specific physical conditioning	

Mon 20-Aug-18

Time	Group	Activity	Coach
6.00-6.50	3	BALLET	SR
7.10-8.00	4	BALLET	SR
7.15-8.00	1	Specific physical conditioning	
17.10 - 18.00	2A	Specific physical conditioning	
18.10-19.00	2B/Dance	Specific physical conditioning	
21.55-22.45	NSSA	Specific physical conditioning	JB

Tue 21-Aug-18

Time	Group	Activity	
5.50-6.40	2A/Dance	Specific physical conditioning	
6.55-7.55	3/Dance	Specific physical conditioning	
7.00-7.45	1	Specific physical conditioning	
17.10-18.00	2B	Specific physical conditioning	

Wed 22-Aug-18

Time	Group	Activity	
5.50-6.40	2A/Dance	DANCE	
7.00-7.45	1/Dance	DANCE	
16.45-17.30	Jnr. Academy	Specific physical conditioning	
17.30-18.15	4	Specific physical conditioning	

20.7.18

THUR 23-Aug-18

Time	Group	ACTIVITY	COACH
6.00-6.50	2B/3	DANCE	HK
7.10-8.00	4	DANCE	HK
16.10-17.10	1	Specific physical conditioning	
17.10-18.10	2A	Specific physical conditioning	

FRI 24-Aug-18

Time	Group	Activity	
7.00-8.00	3	Specific physical conditioning	
16.10-17.10	1/Dance	BALLET	
17.20-18.20	2A/Dance	BALLET	

SAT 25-Aug-18

Time	Group	Activity	COACH
7.10-8.10	2B & 4	DANCE	
8.10-9.10	2A & 3	BALLET	
9.10-10.10	1	Specific physical conditioning	
10.15-15.45	NSSA	Specific physical conditioning	

SUN 26-Aug-18

Time	Group	Activity	
8.15-9.15	Dance	Specific physical conditioning	
9.30-10.15	Jnr. Academy	Specific physical conditioning	