

**TRAINING FRIDAY**

		<b>Skaters</b>	<b>Minutes</b>	<b>Hours</b>	<b>Start Time</b>	<b>End time</b>
	<b>Training</b>					
	Cadet Free Dance (1 - 6)	6	10	0:10	07:15	07:25
	Youth Freedance (1 - 4)	4	10	0:10	07:25	07:35
	Youth Freedance (5 - 6) + (M)	3	10	0:10	07:35	07:45
	Junior Free Dance (1 - 6)	6	10	0:10	07:45	07:55
	Junior Free Dance (7 - 11)	5	10	0:10	07:55	08:05
	Senior Free Dance (1 - 6) + M	6	10	0:10	08:05	08:15
	Senior Free Dance (6 - 11)	6	10	0:10	08:15	08:25
	Quartets Open (MtW)	1	10	0:10	08:25	08:35
	Quartets Open (UH)	1	10	0:10	08:35	08:45
	Precision Open Mini (UH)	1	10	0:10	08:45	08:55
	Precision Open Mini (NEL)	1	10	0:10	08:55	09:05
	Precision Open Mini (AW Sap)	1	10	0:10	09:05	09:15
	Precision Open Mini (AW Bl)	1	10	0:10	09:15	09:25
	Precision Open Mini (AW In)	1	10	0:10	09:25	09:35
	Precision Open Mini (ROT)	1	10	0:10	09:35	09:45
	Quartets Junior (UH)	1	10	0:10	09:45	09:55
	Quartets Junior (MSSC)	1	10	0:10	09:55	10:05
	Quartets Junior (ROT)	1	10	0:10	10:05	10:15
	Quartets Senior (AW)	1	10	0:10	10:15	10:25
	Quartets Senior (UH)	1	10	0:10	10:25	10:35