

Nat	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:50-7 Karate		5:50-7 Karate	5:15-7:30 Sw	5:45-8 Sw 8:15-9 Dry
PM	4-6:30 Sw	4-6 Sw 6:15-7 Dry	4-6:30 Sw	4-6 Sw 6:15-7 Dry	4-6:30 Sw	2:45-5 Sw
SS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:50-7 Karate		5:50-7 Karate		5:45-8 Sw 8:15-9 Dry
PM	4-6:30 Sw	4-6 Sw 6:15-7 Dry	4-6:30 Sw	4-6 Sw 6:15-7 Dry	4-6:30 Sw	
AGE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:50-7 Karate		5:50-7 Karate		6-6:45 Dry 7-9 Sw
PM	4-6 Sw 6-6:30 Dry	4-6 Sw	4-6 Sw 6-6:30 Dry	4-6 Sw	4-6:30 Sw	
AP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:50-7 Karate*		5:50-7 Karate*		6:45-8:30 Sw
PM	5:45-7:30 Sw		5:45-7:30 Sw		4:45-6:30 Sw	2:45-4:30 Sw
D3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:50-7 Karate*		5:50-7 Karate*		6:45-8:30 Sw
PM		6:15-8 Sw	6:15-8 Sw	6:15-8 Sw	4:45-6:30 Sw	
D2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:45-8:30 Sw
PM		6:15-7:45 Sw		6:15-7:45 Sw	5:15-6:30 Sw	
D1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:45-8:30 Sw
PM	6:15-7:30 Sw		6:15-7:30 Sw			

\* Optional

Sunday

Sunday

Sunday

Sunday

Sunday

Sunday

Sunday