|       |  |   | Monday         |                        | Tuesday   |   |       |               |                |      | ,             |
|-------|--|---|----------------|------------------------|---|---|-------|---------------|----------------|------|---------------|
|       | AH 1                                       | AH 2  | AH 3           | Fitness                | AH 1  | AH 2  | AH 3  | Fitr          | iess           | AH 1 | AH 2          |
| 7:00  |  |   |                | i                      |   |   |       | !             |                |      |               |
| 7:30  |  |   |                | 1                      |   |   |       |               |                | BBBC | Squad - All I |
| 8:00  |  |   |                | 1                      |   |   | ı     | l             |                | RPDC | Squad - All I |
| 8:30  |  |   |                | 1                      |   |   |       |               |                |      |               |
| 9:00  |  |   |                | 1                      |   |   |       |               |                |      |               |
| 9:30  |  |   |                | 1                      |   |   |       |               |                |      |               |
| 10:00 |  |   |                | i                      |   |   |       |               |                |      |               |
| 10:30 |  |   |                | 1                      |   |   |       |               |                |      |               |
| 11:00 |  |   |                | 1                      |   |   |       |               |                |      |               |
| 11:30 |  |   |                | -<br>!                 |   |   |       |               |                |      |               |
| 12:00 |  |   |                | 1                      |   |   |       |               |                |      |               |
| 12:30 |  |   |                | 1                      |   |   |       | l             |                |      |               |
| 13:00 |  |   |                |                        |   |   |       |               |                |      |               |
| 13:30 | <b>12</b> 0<br>(12 pla                     | <b>U RPDC Sq</b><br>ayers - 3 Co                  | uad<br>paches) |                        | 120<br>(12 pla                                    | <b>12U RPDC Squad</b><br>(12 players - 3 Coaches) |       |               |                |      |               |
| 14:00 | <b>(</b>                                   | ,   | ,              |                        | \ I   | ,   | ,     |               |                |      |               |
| 14:30 |  |   |                | Refuel                 |   |   |       | Re            | fuel           |      |               |
| 15:00 | <b>14</b> 0<br>(12 pla                     | <b>U RPDC Sq</b><br>ayers - 3 Co                  | uad<br>paches) | 12U Fitness            | <b>14</b> 0<br>(12 pla                            | <b>14U RPDC Squad</b><br>(12 players - 3 Coaches) |       |               | 12U Fitness    |      |               |
| 15:30 | ` '  | •   | ,              | 120 Fittless           | ` '   | •   | ,<br> | 120 F         | itiless        |      |               |
| 16:00 |  |   |                | ■ 14U Fitness          |   |   |       | I 14U Fitness |                |      |               |
| 16:30 |  | <b>12U RPDC Squad</b><br>(12 players - 3 Coaches) |                | l 140 Filliess         |   | <b>12U RPDC Squad</b><br>(12 players - 3 Coaches) |       |               | l 140 i iuless |      |               |
| 17:00 | ` '  |   | ,              | Refuel                 | ` '   |   |       |               | Refuel         |      |               |
| 17:30 |  |   |                |                        |   |   |       |               |                |      |               |
| 18:00 | 14U RPDC Squad<br>(12 players - 3 Coaches) |   |                | <b>14</b> 0<br>(12 pla | <b>14U RPDC Squad</b><br>(12 players - 3 Coaches) |   |       |               |                |      |               |
| 18:30 |  |   |                |                        |   |   |       |               |                |      |               |
| 19:00 |  |   |                |                        |   |   |       |               |                |      |               |
| 19:30 |  |   |                | ī                      |   |   | i     |               |                |      |               |
| 20:00 |  |   |                | •<br>•                 |   |   |       | <u> </u>      |                |      |               |
| 20:30 |  |   |                | •                      |   |   | l     |               |                |      |               |
| 21:00 |  |   |                | Ī                      |   |   |       | <u> </u>      |                |      |               |
|       |  |   |                |                        |   |   |       | <u> </u>      |                |      |               |
|       |  |   |                |                        |   |   |       |               |                |      |               |

|       | Wednesda | у        | Thursday                                   |      |      |              |      |                          | Friday                |      |          |  |
|-------|----------|----------|--|------|------|--------------|------|--------------------------|-----------------------|------|----------|--|
|       | AH 3     | Fitness  | AH 1                                       | AH 2 | AH 3 | Fitr         | ness | AH 1                     | AH 2                  | AH 3 | Out 13   |  |
| 7:00  |          |          |  |      |      | <br>         |      |                          |                       |      |          |  |
| 7:30  | Players  |          |  |      | ľ    | 1            |      |                          | 14U RPDC Squad        |      |          |  |
| 8:00  | layers   |          |  |      |      | <u> </u>     |      | (12 p                    | (12 players - 3 Coacl |      |          |  |
| 8:30  |          | Refuel   |  |      | I    | <u> </u>     |      |                          |                       |      | Ref      |  |
| 9:00  |          | Fitness  |  |      |      |              |      |                          |                       |      | Fitn     |  |
| 9:30  |          | Timess   |  |      |      | <u> </u>     |      |                          |                       |      |          |  |
| 10:00 |          | Refuel   |  |      | Į.   | !<br>        |      |                          |                       |      | Ref      |  |
| 10:30 |          | i        |  |      |      | <u> </u>     |      |                          |                       |      |          |  |
| 11:00 |          | 1        |  |      |      | <br>         |      |                          |                       |      | <u>.</u> |  |
| 11:30 |          | <u>I</u> |  |      | l    | l<br>        |      |                          |                       |      |          |  |
| 12:00 |          | i        |  |      |      | <u> </u>     |      |                          |                       |      |          |  |
| 12:30 |          | 1        |  |      |      | <u> </u>     |      |                          |                       |      |          |  |
| 13:00 |          | <u> </u> | 401  |      |      |              |      |                          |                       |      |          |  |
| 13:30 |          | ī        | 12U RPDC Squad<br>(12 players - 3 Coaches) |      |      |              |      |                          |                       |      | Ref      |  |
| 14:00 |          | 1        |  |      |      |              |      |                          |                       |      | Fitn     |  |
| 14:30 |          | •        |  |      |      | Re           | fuel |                          |                       |      | 1 101    |  |
| 15:00 |          | ī        | 14U RPDC Squad<br>(12 players - 3 Coaches) |      |      | 12U Fitness  |      | 12U RPDC Squad           |                       | Ī    |          |  |
| 15:30 |          | 1        |  |      |      | 120 1 111033 |      | (12 players - 3 Coaches) |                       |      |          |  |
| 16:00 |          | 1        | 12U RPDC Squad<br>(12 players - 3 Coaches) |      |      | 14U Fitness  |      |                          |                       |      |          |  |
| 16:30 |          | ī        |  |      |      | 1.0          |      |                          |                       |      |          |  |
| 17:00 |          |          |  |      |      | Re           | fuel |                          |                       |      |          |  |
| 17:30 |          |          |  |      | . !  |              |      |                          |                       |      | I        |  |
| 18:00 |          | ī        | 14U RPDC Squad<br>(12 players - 3 Coaches) |      |      |              |      |                          |                       |      | i        |  |
| 18:30 |          | 1        |  | 1    |      |              |      |                          |                       |      |          |  |
| 19:00 |          | 1        |  |      |      |              |      |                          |                       |      |          |  |
| 19:30 |          | i        |  |      |      | i            |      |                          |                       |      | i        |  |
| 20:00 |          | 1        |  |      |      |              |      |                          |                       |      |          |  |
| 20:30 |          | 1        |  |      |      | !<br>        |      |                          |                       |      |          |  |
| 21:00 |          | 1        |  |      |      |              |      |                          |                       |      | i        |  |
|       | Ļ        |          |  |      |      | !<br>!       |      |                          |                       |      |          |  |
|       |          |          |  |      |      |              |      |                          |                       |      |          |  |

|       | Out 15     | AH 1    | AH 2          | AH 3                  | Out 13   | Out 15 |
|-------|------------|---------|---------------|-----------------------|----------|--------|
| 7:00  |            |         |               |                       |          |        |
| 7:30  |            |         |               |                       |          |        |
| 8:00  |            |         |               |                       |          |        |
| 8:30  | uel        |         | J RPDC Squ    | Refuel<br>14U Fitness |          |        |
| 9:00  | ess        | (12 pla | ayers - 3 Coa |                       |          |        |
| 9:30  | <b>C33</b> |         |               |                       |          |        |
| 10:00 | uel        |         |               | 12U Fitness           |          |        |
| 10:30 |            |         | J RPDC Sqւ    |                       |          |        |
| 11:00 |            | (12 pla | ayers - 3 Coa | Refuel                |          |        |
| 11:30 |            |         | í             | ı                     | <u> </u> |        |
| 12:00 |            |         |               |                       |          |        |
| 12:30 |            |         |               |                       |          |        |
| 13:00 |            |         |               |                       |          |        |
| 13:30 | uel        |         |               |                       | <u> </u> |        |
| 14:00 | ess        |         |               |                       |          |        |
| 14:30 |            |         |               |                       |          |        |
| 15:00 |            |         |               |                       | <u> </u> |        |
| 15:30 |            |         |               |                       |          |        |
| 16:00 |            |         |               |                       |          |        |
| 16:30 |            |         |               |                       | <u> </u> |        |
| 17:00 |            |         |               |                       |          |        |
| 17:30 |            |         |               |                       |          |        |
| 18:00 |            |         |               |                       | <u> </u> |        |
| 18:30 |            |         |               |                       |          |        |
| 19:00 |            |         |               |                       |          |        |
| 19:30 |            |         |               |                       |          |        |
| 20:00 |            |         |               |                       |          |        |
| 20:30 |            |         |               |                       |          |        |
| 21:00 |            |         |               |                       |          |        |
|       |            |         |               |                       |          |        |
|       |            |         |               |                       |          |        |