

	Current Domestic Schedule								
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends			
8:30 AM				Workshop Sign in	Workshop Sign in	Trainer available to work with or assess students individually or in groups. Students are responsible to book in time.			
9:00 AM	*Trainer available to work with or assess students individually or in groups. Students are responsible to book in time.	*Trainer available to work with or assess students individually or in groups. Students are responsible to book in time.	*Trainer available to work with or assess students individually or in groups. Students are responsible to book in time.	Discussion	Discussion				
9:30 AM				Discussion	Discussion				
10:00 AM				Break - 15 min	Break 15 min				
10:30 AM				Workbook focus	Workbook focus				
11:00 AM				Lunch	Lunch				
11:30 AM				Gym	Gym				
12:00 PM				Break 15 min	Break 15 min				
12:30 PM				Gym	Gym				
1:00 PM				End Class	End Class				
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									

*After hours also available when requested.

**Thursday and Friday workshops are highly recommended but optional.

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