

AAC Master Schedule: Competitive Squads 2010-2011

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Senior A/B, Junior A/B, Development@ University of Toronto 6:45- 10:00AM	Senior A/B @ACC 5:05- 7:30AM	Junior A/B @ACC 5:05- 7:30AM Development @MCC 5:45- 7:30AM	Senior A/B @ACC 5:05- 7:30AM	Junior A/B @ACC 5:05- 7:30AM Development @MCC 5:30- 7:30AM	Senior A @ACC 5:05-7:30AM Development @MCC 5:30- 7:45AM	Intro @ACC 5:45- 9:00AM
PM		Senior A/B @ACC 3:45- 6:00PM Senior A Weights from 6:00-6:45PM @solarium Intro @ACC 6:30-8:00PM	Senior A/B @ACC 3:45-5:30PM Junior B @ACC 3:45-5:30PM Senior B Weights from 5:30-6:15PM @solarium	Senior A @ACC 3:45-6:00PM Junior A/B @ACC 3:45- 6:00PM Senior A weights @solarium 6:00-6:45PM Intro and Development Dryland 4:30- 6:00PM@ACC	Senior A/B @ACC 3:45- 5:30PM Junior A @ACC 3:45-5:30PM Senior B weights @solarium 5:30-6:15PM Junior A/B Dryland 5:30- 6:30PM	Senior A/B @ACC 3:45- 6:00PM Junior A @ACC 3:45/6:00PM Senior A weights @solarium 6:00-6:45PM Intro @ACC 6:30-8:00PM	Novice @ACC 3:30-5:30PM

Senior A 23 hours per week
Senior B 19 hours per week
Junior A 14 hours per week
Junior B 12 hours per week

Development 10.5 hours per week
Intro 8.5 hours per week
Novice 2 hours per week