TECHNICAL/ Fitness TRAINING 2017-18 INDOOR

Westmount Fitness Centre (Tech Training) — *12840-109 avenue*

No More Excuses (Fitness) — *8111—43 street*

GROUPINGS

	A	B
1-2 PM	U 12 GIRLS	U14 GIRLS
2-3PM	U12 BOYS	U14BOYS
3-4PM	U10 BOYS	U16 GIRLS
4-5PM	XXX	U16 BOYS & U18 BOYS

A

TECH OCT 15 OCT 29 NOV 12 NOV 26 DEC 10 JAN 14 JAN28 FEB 11 MAR 4

Fitness OCT 1 OCT 22 NOV 5 NOV 19 DEC 3 JAN 7 JAN 21 FEB 4 FEB 25

B

TECH OCT 1 OCT 22 NOV 5 NOV 19 DEC 3 JAN 7 JAN 21 FEB 4 FEB 25

Fitness OCT 15 OCT 29 NOV 12 NOV 26 DEC 10 JAN 14 JAN28 FEB 11 MAR 4