

| | Monday | Tuesday | Wednesdays | Thursday | Friday | Saturday |
|----------|------------------------------|-----------------------------|--------------------------------|-----------------------------|------------------------|-------------------------|
| Location | Church | Church | Church | Church | | Church |
| Times | 4:30-6:30pm | 4:30-7:30pm | 4:30-6:30pm | 4:30-7:30pm | | 9:00am-12pm |
| Class | XB/XS/XG | Levels 2-5 | XB/XS/XG | Levels 2-5 | | Levels 4 & 5 |
| Coaches | Janette, Savs, Lainey & Alex | Theresa, Harley, Leah, Brit | Janette, Savs, Lainey & Alex | Theresa, Harley, Leah, Brit | | Leah & Harley |
| Location | Church | Church | Church | | Church | Church |
| Times | 6-9pm | 6-9pm | 6-9pm | | 6-8pm | 9:00am-11am |
| Class | Levels 6-9 & XP/XD/XSA | Levels 6-9 | Levels 6-9 & XP/XD/XSA | | Levels 2-5 & XB/XS/XG | XG |
| Coaches | Janette, Sam, Kathy & Leah | Sam & Kathy | Janette, Sam, Theresa & Harley | | Theresa, Lainey & Brit | Janette |
| Location | | | | | PGC | Church |
| Times | | | | | 7-9pm Fast Track | 11:00am-2pm |
| Class | | | | | Levels 6-9, XP/XD/XSA | Levels 6-9 & XP/XD/XSA |
| Coaches | | | | | Kathy | Jan, Sam, Leah & Harley |