

## 2023-2024 BBST Training Schedule Breakdown (QSWC)

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Performance Mornings</b>		5:20-7am		5:20-7am		6:50-9am
<b>Performance Afternoons</b>	4:15-7pm		4:15-6:30pm	4:15-6pm	4:15-6pm	
<b>Performance Dry-land</b>		6:30-7:30pm (Dry-land)		6:30-7:30pm (Dry-land)		9:10-10am (Dry-land)
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Senior Mornings</b>		5:20-7am		5:20-7am		6:50-9am
<b>Senior Afternoons</b>	4:15-6pm		4:15-6:30pm		4:15-6pm	
<b>Senior Dry-Land</b>		6:30-7:30pm (Dry-land)		6:30-7:30pm (Dry-land)		9:10-10am (Dry-land)
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Advanced Mornings</b>		5:20-7am		5:20-7am		6:50-9am
<b>Advanced Afternoons</b>	4:15-6pm		4:15-5:30pm		4:15-6pm	
<b>Advanced Dry-land</b>						9:10-10am (Dry-land)
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Development Mornings</b>						8:50-10am
<b>Development Afternoons</b>		4:15-6pm	6:15-7:30pm	4:15-6pm	5:45-7pm	
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Novice Mornings</b>						8:50-10am
<b>Novice Afternoons</b>		5:45-7pm	6:15-7:30pm		5:45-7pm	
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Jr. Beast Afternoons</b>	5:45-7pm			5:45-7pm		
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Jr. Masters Evenings</b>	7:45-9pm			6:45-8pm		
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Masters Evenings</b>	6:45-8pm		7:15-8:30pm			