

Cas Training Block 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini	3:30pm - 4:30pm	5:40pm - 6:30pm	5:30pm - 6:30pm	3:30pm - 4:15pm	3:30pm - 4:15pm	7am - 8am
Bronze	3:30pm - 4:30pm	5:40pm - 6:30pm	5:30pm - 6:30pm	3:30pm - 4:30pm	3:30pm - 4:30pm	7am - 8am
Silver	4:30pm - 6pm	3:45pm 5:30pm	5:30pm - 7pm	4:30pm - 6pm	5:15am - 7am 4:30pm - 6pm	6am - 8am
Gold	4:30pm - 6:30pm	5:15am - 7am 4:15pm - 5:45pm	5:30pm - 7pm	4:30pm - 6:30pm	5:15am - 7am 4:30pm - 6:30pm	6am - 8am