

Competitive Class Schedule

Invite only!

Pre Squad

Fundamentals Program @ Windsor Centre, 74 Punt Road

Fundamentals Program A - 3hr per week

Fundamentals Program B - 2hr per week

Fundamentals Program C - 1hr per week

WAG

WAG ALP @ SGC, 41 Green Street

Foundations	Development	Optimal	Performance
6-9hrs per week	9-16hrs per week	20-22hrs per week	25hrs + per week

