



KRAKENS ACADEMY



TRAINING SCHEDULE

WEDNESDAYS:

1.5-3s @5PM, 1.5-3s @6PM, 3+4s @5PM, 3+4s @6PM, 5+6s @5PM, 7+8s @6PM

THURSDAYS:

1.5-3s @5PM, 1.5-3s @6PM, 3+4s @6PM, 5+6s @5PM, 7+8s @6PM, 9+10s @5PM

FRIDAYS:

1.5-3s @4PM, 3+4s @5PM, 5+6s @5PM, 7+8s @5PM, 9+10 BEGINNERS @5PM, 9+10
ADVANCED @5PM 11+12s @5PM, 13-17s @5PM,

SATURDAYS:

1.5-3s @9AM, 1.5-3s @10AM, 3+4s @10AM, 5+6s @10AM, 7+8s @9AM, 9-12 BEGINNERS
@9AM, 9-12 ADVANCED @10AM

SUNDAYS:

1.5-3s @2PM, 3+4s @3PM, 3+4s @1PM, 5+6s @1PM, 7+8s @1PM