1. Agile methodologies used in the team

* SCRUM: they release each sprint completed work
* Extreme programming: they collaborate with other developers.

They only version of agile used is SCRUM.

1. Specific workflow the team uses

Backlog called User stories and they use git to push their code to Gitlab

1. Parts of their workflow don't actually fit agile methodologies

Weekly meetings that takes an hour don’t fit agile methodologies

1. Opinion on what should be improved.

They should have each day team meets briefly in a stand-up meeting to discuss progress which takes only about 10minutes to 15minutes.