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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Dolphin 8 |  |  |  |  |  | 13:00 – 14:00  ASV | 09:30 – 10:30  ASV |
| Junior Red |  |  |  | 18:00 – 19:00  RGU |  | 14:00 – 15:00  ASV | 08:30 – 09:30  ASV |
| Red |  | 19:00 – 20:00  RGU | 19:30 – 20:30  RGU |  | 18:00 – 19:00  RGU | 14:00 – 15:00  RGU |  |
| Bronze |  | 17:00 – 18:00  RGU |  | 06:00 – 07:30  RGU | 16:30 – 18:00  RGU | 10:30 – 11:30  ASV | 11:30 – 12:30  RGU |
| Silver | 06:00 – 07:30  RGU |  | 20:00 – 21:00  ASV | 16:30 – 18:00  RGU | 06:00 – 07:30  RGU | 11:30 – 12:30  ASV | 12:30 – 14:00  RGU |
| Gold Performance | 18:30 - 20:00  RGU |  | 06:00 – 08:00  RGU  And  17:00 – 18:00  RGU | 20:00 – 21:00  ASV | 18:00 – 19:00  RGU | 13:00 – 15:00  ASV | 15:00 – 17:00  ASV |
| Gold Sprint | 20:00 – 21:00  RGU | 19:00 – 20:30  ASV |  | 19:00 – 20:00  RGU | 19:00 – 20:00  RGU |  | 10:30 – 11:30  ASV |