



ARCADIA SCHOOL



DAY	LEVEL	TIME	COACH
TUE	SQUAD / PRE SQUAD	6:30-8:00	MAHMOUD
WED	SQUAD/ PRE SQUAD	6:30-8:00	
THUR	SQUAD/ PRE SQUAD	6:15-7:45	
FRI	SQUAD/ PRE SQUAD	4:45-6:15	
SAT	FITNESS	9:00-9:45	
SAT	SQUAD/PRE SQUAD	9:45-11:15	
SUN	FITNESS	9:00-9:45	
SUN	SQUAD/PRE SQUAD	9:45-11:15	



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