



Training Schedules for 2023

*Kindly note that the following are proposed schedules, and it is subject to changes.

Basic (Level 1)	
Date	Time
7 July, 14 July, 21 July, 28 July, 4 Aug	2.30pm to 4.30pm
7 July, 14 July, 21 July, 28 July, 4 Aug	4.45pm to 6.45pm
8 July, 15 July, 22 July, 29 July, 5 Aug	9.30am to 11.30am
8 July, 15 July, 22 July, 29 July, 5 Aug	12.30pm to 2.30pm
8 July, 15 July, 22 July, 29 July, 5 Aug	3pm to 5pm
14 July, 21 July, 28 July, 4 Aug, 11 Aug	2.30pm to 4.30pm
14 July, 21 July, 28 July, 4 Aug, 11 Aug	4.45pm to 6.45pm
15 July, 22 July, 29 July, 5 Aug, 12 Aug	9.30am to 11.30am
15 July, 22 July, 29 July, 5 Aug, 12 Aug	12.30pm to 2.30pm
15 July, 22 July, 29 July, 5 Aug, 12 Aug	3pm to 5pm
21 July, 28 July, 4 Aug, 11 Aug, 18 Aug	2.30pm to 4.30pm
21 July, 28 July, 4 Aug, 11 Aug, 18 Aug	4.45pm to 6.45pm



22 July, 29 July, 5 Aug, 12 Aug, 19 Aug	9.30am to 11.30am
22 July, 29 July, 5 Aug, 12 Aug, 19 Aug	12.30pm to 2.30pm
22 July, 29 July, 5 Aug, 12 Aug, 19 Aug	3pm to 5pm
28 July, 4 Aug, 11 Aug, 18 Aug, 25 Aug	2.30pm to 4.30pm
28 July, 4 Aug, 11 Aug, 18 Aug, 25 Aug	4.45pm to 6.45pm
29 July, 5 Aug, 12 Aug, 19 Aug, 26 Aug	9.30am to 11.30am
29 July, 5 Aug, 12 Aug, 19 Aug, 26 Aug	12.30pm to 2.30pm
29 July, 5 Aug, 12 Aug, 19 Aug, 26 Aug	3pm to 5pm