



Training Schedules for 2023

Basic (Level 1)	
Date	Time
14 Aug, 21 Aug, 28 Aug	4pm to 6pm
15 Aug, 22 Aug, 29 Aug	4pm to 6pm
16 Aug, 23 Aug, 30 Aug	3.30pm to 5.30pm
17 Aug, 24 Aug, 31 Aug	4pm to 6pm
18 Aug, 25 Aug, 1 Sep	4pm to 6pm
19 Aug, 26 Aug, 2 Sep	10am to 12pm, 2pm to 4pm, 4pm to 6pm
20 Aug, 27 Aug, 3 Sep	10am to 12pm, 2pm to 4pm, 4pm to 6pm
21 Aug, 28 Aug, 4 Sep	4pm to 6pm
22 Aug, 29 Aug, 5 Sep	4pm to 6pm
23 Aug, 30 Aug, 6 Sep	3.30pm to 5.30pm
24 Aug, 31 Aug, 7 Sep	4pm to 6pm



25 Aug, 1 Sep, 8 Sep	4pm to 6pm
26 Aug, 2 Sep, 9 Sep	10am to 12pm, 2pm to 4pm, 4pm to 6pm
27 Aug, 3 Sep, 10 Sep	10am to 12pm, 2pm to 4pm, 4pm to 6pm
28 Aug, 4 Sep, 11 Sep	4pm to 6pm
29 Aug, 5 Sep, 12 Sep	4pm to 6pm
30 Aug, 6 Sep, 13 Sep	3.30pm to 5.30pm
31 Aug, 7 Sep, 14 Sep	4pm to 6pm
1 Sep, 8 Sep, 15 Sep	4pm to 6pm
2 Sep, 9 Sep, 16 Sep	10am to 12pm, 2pm to 4pm, 4pm to 6pm
3 Sep, 10 Sep, 17 Sep	10am to 12pm, 2pm to 4pm, 4pm to 6pm
24 Sep, 1 Oct, 8 Oct	10am to 12pm, 2pm to 4pm, 4pm to 6pm
25 Sep, 2 Oct, 9 Oct	4pm to 6pm
26 Oct, 3 Oct, 10 Oct	4pm to 6pm
27 Oct, 4 Oct, 11 Oct	3.30pm to 5.30pm
28 Sep, 5 Oct, 12 Oct	4pm to 6pm
29 Sep, 6 Oct, 13 Oct	4pm to 6pm
24 Sep, 1 Oct, 8 Oct	10am to 12pm, 2pm to 4pm, 4pm to 6pm



30 Sep, 7 Oct, 14 Oct	10am to 12pm, 2pm to 4pm, 4pm to 6pm
11 Oct, 18 Oct, 25 Oct	3.30pm to 5.30pm
12 Oct, 19 Oct, 26 Oct	4pm to 6pm
13 Oct, 20 Oct, 27 Oct	4pm to 6pm
14 Oct, 21 Oct, 28 Oct	10am to 12pm, 2pm to 4pm, 4pm to 6pm
15 Oct, 22 Oct, 29 Oct	10am to 12pm, 2pm to 4pm, 4pm to 6pm
16 Oct, 23 Oct, 30 Oct	4pm to 6pm
17 Oct, 24 Oct, 31 Oct	4pm to 6pm