

ASGARD CLASS SCHEDULE [2023]

PM	Monday	Tuesday	Wednesday	Thursday	Friday		AM	Saturday	PM	Sunday
3.00 - 3.30							9.00 - 9.30	U12	12.00 - 12.30	
3.30 - 4.00						9.30 - 10.00	12.30 - 1.00		U12	
4.00 - 4.30						10.00 - 10.30	1.00 - 1.30			
4.30 - 5.00	U12	U12			U12	10.30 - 11.00	1.30 - 2.00			
5.00 - 5.30			11.00 - 11.30	2.00 - 2.30						
5.30 - 6.00			11.30 - 12.00	2.30 - 3.00						
6.00 - 6.30			12.00 - 12.30	3.00 - 3.30						
6.30 - 7.00									12.30 - 1.00	3.30 - 4.00
7.00 - 7.30	PRO	ELITE	PRO	ELITE (Men's Sabre)	ELITE (Women's Sabre)	1.00 - 1.30	4.00 - 4.30			
7.30 - 8.00						1.30 - 2.00	4.30 - 5.00			
8.00 - 8.30						2.00 - 2.30	5.00 - 5.30			
8.30 - 9.00						2.30 - 3.00	5.30 - 6.00			
9.00 - 9.30						3.00 - 3.30				
9.30 - 10.00						3.30 - 4.00				
						4.00 - 4.30				
	4.30 - 5.00									
	5.00 - 5.30									
	5.30 - 6.00									
	6.00 - 6.30									
	6.30 - 7.00									
	7.00 - 7.30									

Foundation Program	Private foundation course of 5 individual lessons (for kids age 8 to 11 only) Prerequisite for joining U12 classes.
U12	For all members aged 12 and under. Training is 2 hours long.
PRO	For all members aged 12 and above. Fencers must have had at least one year of fencing experience. Training is 2.5 hours long.
ELITE	For committed athletes and all national squad members. The ELITE program is by invitation only. Only ELITE team members can register for International ranking events. Training is 2.5 hours long.