

MMSC Plan Week One

	15 mins	35 mins	35 mins	30 mins	30 mins	20 mins
Activity	11:30 - 11:45	11:45 - 12:20	12:20 - 12:55	1:10 - 1:40	1:40 - 2:10	2:10 - 2:30
Flex						
Walkthrough						
Team						
Figures						
Stamina						

	12&U	Corinne, Grace, Keira, Lacie, May, Molly, Priya, Sophie E
	13/15	Ella, Emilie, Gemma, Katie M, Lauren, Macy, Sophia, Tamalie
	15/18	Amelia, Amy, Charlotte, Pia, Phoebe P, Sophie H
	19&U	Amber, Chloe, Emily C, Emma B, Katy H, Megan, Phoebe K

MMSC Plan Week Two

	15 mins	35 mins	35 mins	30 mins	30 mins	20 mins
Activity	11:30 - 11:45	11:45 - 12:20	12:20 - 12:55	1:10 - 1:40	1:40 - 2:10	2:10 - 2:30
Flex						
Walkthrough						
Team						
Figures						
Stamina						

	12&U	Corinne, Grace, Keira, Lacie, May, Molly, Priya, Sophie E
	13/15	Ella, Emilie, Gemma, Katie M, Lauren, Macy, Sophia, Tamalie
	15/18	Amelia, Amy, Charlotte, Pia, Phoebe P, Sophie H
	19&U	Amber, Chloe, Emily C, Emma B, Katy H, Megan, Phoebe K

MMSC Plan Week Three

	15 mins	35 mins	35 mins	30 mins	30 mins	20 mins
Activity	11:30 - 11:45	11:45 - 12:20	12:20 – 12:55	1:10 – 1:40	1:40 – 2:10	2:10 – 2:30
Flex	Blue			Red		
Walkthrough			Green		Red	
Team		Red	Blue		Green	
Figures		Yellow	Red	Green	Blue	
Stamina		Green	Yellow	Blue		

Yellow	12&U	Corinne, Grace, Keira, Lacie, May, Molly, Priya, Sophie E
Green	13/15	Ella, Emilie, Gemma, Katie M, Lauren, Macy, Sophia, Tamalie
Blue	15/18	Amelia, Amy, Charlotte, Pia, Phoebe P, Sophie H
Red	19&U	Amber, Chloe, Emily C, Emma B, Katy H, Megan, Phoebe K

MMSC Plan Week Four

	15 mins	35 mins	35 mins	30 mins	30 mins	20 mins
Activity	11:30 - 11:45	11:45 - 12:20	12:20 – 12:55	1:10 – 1:40	1:40 – 2:10	2:10 – 2:30
Flex	Green			Blue		
Walkthrough			Red		Blue	
Team		Yellow	Green		Red	
Figures		Blue	Yellow	Red	Green	
Stamina		Red	Blue	Green		

Yellow	12&U	Corinne, Grace, Keira, Lacie, May, Molly, Priya, Sophie E
Green	13/15	Ella, Emilie, Gemma, Katie M, Lauren, Macy, Sophia, Tamalie
Blue	15/18	Amelia, Amy, Charlotte, Pia, Phoebe P, Sophie H
Red	19&U	Amber, Chloe, Emily C, Emma B, Katy H, Megan, Phoebe K