



AFQ VIP SCHEDULE

SMALL GROUP (1-4) & TEAM (10)

MORNING SCHEDULE

WEEKDAY TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND TIMES	SATURDAY	SUNDAY
5:00 AM			BASE			8:00 AM	SGT	
5:15 AM		SGT		SGT		8:15 AM	BUILD	BURN
6:00 AM	SGT	BURN	BASE	BUILD	BASE	9:15 AM	SGT	
6:30 AM		SGT		SGT		9:30 AM	BASE	BASE
7:15 AM		SGT		SGT		9:30 AM	TUNE-UP	
7:30 AM		SGT		SGT		10:00 AM	SGT	
8:00 AM	SGT		SGT			10:15 AM	SGT	
10:00 AM	SGT	SGT	SGT	SGT	SGT	10:30 AM	FUEL-UP	
11:00 AM					SGT	11:30 AM	SGT	



AFQ VIP SCHEDULE

SMALL GROUP (1-4) & TEAM (10)

AFTERNOON/EVENING SCHEDULE

WEEKDAY TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2:00 PM	SGT		SGT		SGT	SGT	SGT
4:00 PM	SGT		SGT			SGT	SGT
4:30 PM					BASE		
5:15 PM							
5:30 PM		SGT		SGT			
6:00 PM	BURN	BUILD	SGT	BASE	BASE		
6:15 PM	SGT	SGT	SGT	SGT			
6:30 PM	SGT						
7:15 PM	SGT	BASE	SGT	BURN	BURN	SGT	BURN
7:30 PM	SGT			SGT			
8:30 PM	SGT	BASE	SGT				