



2 Day Training Schedule

Day 1	From	To	Description	Classroom	Breaks/Meals
	7:00 AM	8:00 AM	Breakfast / Setup / Intro		1:00
	8:00 AM	10:10 AM	Unit 1	2:10	
	10:10 AM	10:30 AM	Mid-Morning Break		0:20
	10:30 AM	12:30 PM	Unit 2	2:00	
	12:30 PM	1:30 PM	Lunch		1:00
	1:30 PM	3:50 PM	Unit 3	2:20	
	3:50 PM	4:10 PM	Afternoon Break		0:20
	4:10 PM	5:30 PM	Unit 4	1:20	

Day 2	From	To	Description	Classroom	Breaks/Meals
	7:00 AM	8:00 AM	Breakfast / Setup		1:00
	8:00 AM	10:10 AM	Unit 5	2:10	
	10:10 AM	10:30 AM	Mid-Morning Break		0:20
	10:30 AM	12:30 PM	Unit 6	2:00	
	12:30 PM	1:30 PM	Lunch		1:00
	1:30 PM	3:30 PM	Unit 7	2:00	
	3:30 PM	3:45 PM	Afternoon Break		0:15
	3:45 PM	5:30 PM	Unit 8	1:45	

Day 3	From	To	Description	Classroom	Breaks/Meals
	9:00 AM	12:00 PM	Recap, Exercises, Q&A & Workshop		3:00
	12:00 PM	1:00 PM	Lunch	1:00	
	1:00 PM	3:00 PM	Exercises, More Q&A		2:00

* We reserve the right to any schedule changes

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