



283 Woodbridge Legion RCACS Weekly Routine Orders

Date: Wed 29-Nov-23
 RO No. 23-048 Revision: A

CAF Member Dress: Civilian Attire

Duty Personnel:

Cadet Dress: PT Gear

Duty Officer: 2Lt Sean Madden

Training Night Routine:

(All times 24hr clock)

	Start	Finish
Arrival	1830	
Fall-In / Inspection / Opening	1845	1855
Period One	1900	1925
Break	1925	1930
Period Two	1930	2000
Break	2000	2015
Period Three	2020	2050
Fall-In / Closing	2055	2125
Dismissal Time	2130	

Duty NCO: Hizqeel Nasir
 Alternate Duty NCO: Eric Hu
 Duty Flight: 2

Weekly Training

		Period 1		Period 2		Period 3	
		1900	to 1925	1930	to 2000	2020	to 2050
Level One	PO/EO	MX04.02		MX04.02		MX04.02	
	PO Title	Fitness & Health		Fitness & Health		Fitness & Health	
	Location	Gym		Gym		Gym	
	Instructor	N/A		N/A		N/A	
Level Two	PO/EO	MX04.02		MX04.02		MX04.02	
	PO Title	Fitness & Health		Fitness & Health		Fitness & Health	
	Instructor	Gym		Gym		Gym	
	Location	N/A		N/A		N/A	
Level Three	PO/EO	MX04.02		MX04.02		MX04.02	
	PO Title	Fitness & Health		Fitness & Health		Fitness & Health	
	Location	Gym		Gym		Gym	
	Instructor	N/A		N/A		N/A	
Level Four	PO/EO	MX04.02		MX04.02		MX04.02	
	PO Title	Fitness & Health		Fitness & Health		Fitness & Health	
	Location	Gym		Gym		Gym	
	Instructor	N/A		N/A		N/A	