

Weekly Training

| | | Period 1 | | | Period 2 | | | Period 3 | | |
|-------------|------------|----------------------|----|------|----------------------|----|------|-------------------|----|------|
| | | 1900 | to | 1925 | 1930 | to | 2000 | 2020 | to | 2050 |
| Level One | PO/EO | M108.08 | | | M130.02 | | | M107.04 | | |
| | PO Title | Drill | | | Aviation | | | Cadet Knowledge | | |
| | Location | Classroom A | | | Classroom A | | | Classroom A | | |
| | Instructor | Daksh Sunkara | | | Valerie Shuliatieva | | | Arshia Ghahdehari | | |
| Level Two | PO/EO | C208.01 | | | M203.06 | | | M203.06 | | |
| | PO Title | Drill | | | Leadership | | | Leadership | | |
| | Instructor | Gym/ Cafeteria | | | Classroom B | | | Classroom B | | |
| | Location | Harveer Chagger | | | Michelle Lu | | | Michelle Lu | | |
| Level Three | PO/EO | C308.02 | | | C308.02 | | | M307.02 | | |
| | PO Title | Drill | | | Drill | | | Cadet Knowledge | | |
| | Location | Classroom C | | | Classroom C | | | Classroom C | | |
| | Instructor | Adrian Ponce | | | Adrian Ponce | | | Anna Bashurova | | |
| Level Four | PO/EO | M431.02 | | | M431.02 | | | M409.03 | | |
| | PO Title | Principles of Flight | | | Principles of Flight | | | Instruction | | |
| | Location | Classroom D | | | Classroom D | | | Classroom D | | |
| | Instructor | Jaylen Lau | | | Jaylen Lau | | | Stephanie Tong | | |