



283 Air
Weekly Routine Orders

Date:	Wed	26-Nov-25
RO No.:	25-048	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)

Arrival	Start	Finish
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:	FCpl Capannelli
Alternate Duty NCO:	FCpl Mai Habib
Duty Flight:	4

Weekly Training

		Period 1		Period 2		Period 3			
		1900	to	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/ Cafeteria		Gym/ Cafeteria		Gym/ Cafeteria			
	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/ Cafeteria		Gym/ Cafeteria		Gym/ Cafeteria			
	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/ Cafeteria		Gym/ Cafeteria		Gym/ Cafeteria			
	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/ Cafeteria		Gym/ Cafeteria		Gym/ Cafeteria			
	Instructor	N/A		N/A		N/A			