



283 Air Weekly Routine Orders

Date: Wed 29-Apr-26

RO No. 26-018 Revision: A

CAF Member Dress: Civilian Attire

Duty Personnel:

Cadet Dress: PT Gear

Duty Officer: Captain Giovanna Menna

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: FSgt Banaji
 Alternate Duty NCO: Sgt Pan
 Duty Flight: 5

Weekly Training

		Period 1		Period 2		Period 3	
		1900	to 1925	1930	to 2000	2020	to 2050
Level One	PO/EO	MX05.01		MX05.01		MX05.01	
	PO Title	Sports Night		Sports Night		Sports Night	
	Location	Gym/ Cafeteria		Gym/ Cafeteria		Gym/ Cafeteria	
	Instructor	Level 5s		Level 5s		Level 5s	
Level Two	PO/EO	MX05.01		MX05.01		MX05.01	
	PO Title	Sports Night		Sports Night		Sports Night	
	Instructor	Gym/ Cafeteria		Gym/ Cafeteria		Gym/ Cafeteria	
	Location	Level 5s		Level 5s		Level 5s	
Level Three	PO/EO	MX05.01		MX05.01		MX05.01	
	PO Title	Sports Night		Sports Night		Sports Night	
	Location	Gym/ Cafeteria		Gym/ Cafeteria		Gym/ Cafeteria	
	Instructor	Level 5s		Level 5s		Level 5s	
Level Four	PO/EO	MX05.01		MX05.01		MX05.01	
	PO Title	Sports Night		Sports Night		Sports Night	
	Location	Gym/ Cafeteria		Gym/ Cafeteria		Gym/ Cafeteria	
	Instructor	Level 5s		Level 5s		Level 5s	