283 Air
Weekly Routine Orders

Date: Wed 25Nov26

RO No. 26-011 **Revision:**

CAF Member Dress: CivilianAttire

Cadet Dress: PT Gear

Duty Personnel:

Duty Officer: Cl Grande

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: Sgt Hancock

Alternate Duty NCO: Sgt Zhang

Duty Flight: 4

Weekly Training

		Period 1 1900 to 1925	Period 2 1930 to 2000	Period 3 2020 to 2050
Level One	PO/EO	MX04.01	MX04.01	MX04.01
	PO Title	Fitness Assessment	Fitness Assessment	Fitness Assessment
	Location	Cafeteria | Gym	Cafeteria | Gym	Cafeteria | Gym
	Instructor	Bran. T | Liu. A | Fu .J	Bran. T | Liu. A | Fu .J	Bran. T | Liu. A | Fu .J
Level Two	PO/EO	MX04.01	MX04.01	MX04.01
	PO Title	Fitness Assessment	Fitness Assessment	Fitness Assessment
	Location	Cafeteria | Gym	Cafeteria | Gym	Cafeteria | Gym
	Instructor	Bran. T | Liu. A | Fu .J	Bran. T | Liu. A | Fu .J	Bran. T | Liu. A | Fu .J
Level Three	PO/EO	MX04.01	MX04.01	MX04.01
	PO Title	Fitness Assessment	Fitness Assessment	Fitness Assessment
	Location	Cafeteria | Gym	Cafeteria | Gym	Cafeteria | Gym
	Instructor	Bran. T | Liu. A | Fu .J	Bran. T | Liu. A | Fu .J	Bran. T | Liu. A | Fu .J
Level Four	PO/EO	MX04.01	MX04.01	MX04.01
	PO Title	Fitness Assessment	Fitness Assessment	Fitness Assessment
	Location	Cafeteria | Gym	Cafeteria | Gym	Cafeteria | Gym
	Instructor	Bran. T | Liu. A | Fu .J	Bran. T | Liu. A | Fu .J	Bran. T | Liu. A | Fu .J