

# 87 Squadron Weekly Training Report

Date: Wednesday, 02/Nov/16

Week No. 9

		Period 1	Period 2	Period 3
		19:00 to 19:30	19:30 to 20:00	20:15 to 20:45
<b>Level One</b>	<b>PO</b>	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living
	<b>EO</b>	M-104.03a	M-104.03b	M-104.03c
	<b>Instructor</b>			
	<b>Location</b>	Parade Square	Parade Square	Parade Square
<b>Level Two</b>	<b>PO</b>	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living
	<b>EO</b>	M-204.03a	M-204.03b	M-204.03c
	<b>Instructor</b>			
	<b>Location</b>	Parade Square	Parade Square	Parade Square
<b>Level Three</b>	<b>PO</b>	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living
	<b>EO</b>	M-304.03a	M-304.03b	M-304.03c
	<b>Instructor</b>			
	<b>Location</b>	Parade Square	Parade Square	Parade Square
<b>Level Four</b>	<b>PO</b>	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living
	<b>EO</b>	M-404.03a	M-404.03b	M-404.03c
	<b>Instructor</b>			
	<b>Location</b>	Parade Square	Parade Square	Parade Square
<b>Level Five</b>	<b>PO</b>	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living	Personal Fitness and Healthy Living
	<b>EO</b>	M-504.01a	M-504.01b	M-504.01c
	<b>Instructor</b>			
	<b>Location</b>	Parade Square	Parade Square	Parade Square

## Notes

Capt. Norio  
 Capt  
 Commanding Officer