

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	January 26	January 27	January 28	January 29	January 30	January 31	F 1
Senior Elite (Coach Renata)	5:00-5:30 pm yoga 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm meeting 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:30pm swim	EC Committee Champs	EC Committee Champs
Senior Advanced (Coach Jennifer)	6:30-7:00pm yoga 7:00-8:30pm swim	6:30-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	6:30-6:50pm dryland 7-8:30pm swim	EC Committee Champs	EC Committee Champs
Senior (Coach Ethan)	6:30-7:00pm yoga 7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	7:00-8:30pm swim	EC Committee Champs	EC Committee Champs
Junior Elite (Coach Renata)	5:00-5:30pm yoga 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	EC Committee Champs	EC Committee Champs
Junior Advanced (Coach Jennifer)	4:30-6:00pm swim 6-6:30pm yoga	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim	EC Committee Champs	EC Committee Champs
Junior Development (Coach Dorian)	4:30-5:30pm swim 5:35-6:00pm yoga	4:30-5:45pm swim	4:00-4:20pm dryland 4:30-5:45pm swim		4:30-5:30pm swim 5:40-6:00pm dryland	EC Committee Champs	EC Committee Champs
Junior Mini (Coach Isabel)	6-6:30pm yoga optional 5:00-6:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	6:00-7:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	5:00-6:00pm swim	EC Committee Champs	EC Committee Champs