

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	October 6	October 7	October 8	October 9	October 10	October 11	O 12
Senior Elite	5:00-5:30 pm yoga 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00am 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	7:30-9:30am swim	
Senior	6:30-6:55pm yoga 7:00-8:30pm swim	6:30-8:30pm swim	5:30-7:00am swim 6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim		
Junior Elite	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	7:30-9:30am swim	
Junior Advanced	4:30-6:00pm swim 6:05-6:30pm 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		
Junior Development	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	9:00-10:30am swim	
Junior Mini	5:00-6:00pm swim 6:05-6:30pm yoga (optional)	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		