

## Armada Workout Schedule

During AHS Aquatic Seasons 8/22-10/27/23 & 2/5-4/26

Groups	M	T	W	Th	F	Sat	Sun
<b>Mini Blue</b>		4:00-5:00pm	3:45-4:45pm Indoor Pool		3:45-4:45pm Indoor Pool	Armada Technique Clinics  Start date tba  12 & Under 9 -10am  13 & Up 10-11am	
<b>Blue</b>	3:45-5:00pm		3:45-4:45pm Goal Setting 4:45-5:30pm	4:00-5:15pm	3:45-5:00pm		
<b>Yellow</b>	3:45-5:00pm Goal Setting 5:00-5:45pm	5:00-6:30pm	3:45-5:15pm	4:00-5:15pm Dryland 5:20-6:30pm	3:45-5:15pm		
<b>Juniors</b>	Goal Setting 4:00-5:00pm Swim 5:00-6:30pm	Dryland 4:15-5:15pm Swim 5:30-6:45pm	5:15-6:45pm	Dryland 4:15-5:15pm Swim 5:15-6:45pm	5:15-6:45pm		Cal Legend's 8:00-10:00am
<b>Navy</b>	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	Dryland 5:45-6:45pm 6:45-8:15pm Swim	6:30-8:00pm		
<b>Gold</b>	Goal Setting 4:00- 5:00pm 5:00-6:45pm	6:00-7:30am Swim 4:00-5:30pm Dryland 5:45-6:45pm	4:45-6:30pm	6:00-7:30am Dryland 4:10-5:10pm Swim 5:15-6:45pm	5:00-6:30pm		Cal Legend's 8:00-10:00am