

## Armada Workout Schedule 10/28-1/31, 4/29-7/31

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