

	Armada Workout Schedule 8/25-11/3					
Groups	M	T	W	Th	F	Sat
Mini Blue		3:45-4:45pm	3:45-4:45pm Indoor Pool		3:45-4:45pm Indoor Pool	
Blue	3:45-5:00pm		3:45-4:45pm	3:45-5:00pm	3:45-5:00pm	
			Goal Setting 4:45-5:30pm			
Yellow	3:45-5:00pm	3:45-5:00pm	3:45-5:00pm	3:45-5:00pm	3:45-5:00pm	
		Dryland 5:00-5:45pm	Goal Setting 5:00-5:45pm			
Juniors	Goal Setting 4:15-5:00pm	Dryland 4:15-5:00pm	5:00-6:30pm	Dryland 4:15-5:00pm	5:00-6:30pm	9:00-11:00am
	5:00-6:30pm	5:00-6:30pm		5:00-6:30pm		
Navy	Dryland 5:30-6:30pm	6:00-7:30am dates tbd	Goal Setting 5:45-6:30pm	Dryland 5:30-6:30pm	6:30-8:00pm	
	Swim 6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm		
Gold	Dryland 4:15-5:15pm	6:00-7:30am	4:45-6:45pm	6:00-7:30am	Dryland 4:15-5:15pm	9:00-11:00am
	5:15-6:45pm	4:45-6:30pm		Goal Setting 4:15-5:00pm	5:15-6:45pm	
				5:00-6:30pm		
Albany High Polo Season: Aug-Nov/3, AHS Home Polo Game: 9/11, 10/2						

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