

SMRT December All at MLK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Marlins 2A	4:15-5:00		4:15-5:00			9 - 9:45
Marlins 2B		4:15-5:00		4:15-5:00		9 - 9:45
Marlins 1	4:15-5:15	4:15-5:15		4:15-5:15		9:30 - 10:30
AG 3	4:45-5:00 dryland 5:00-6: 15 swim	4:45-5:00 dryland 5:00-6: 15 swim		4:45-5:00 dryland 5:00-6: 15 swim	4:00-5:15	8:00 - 9:30
AG 2	5:00-5:15 dryland 5:15-6: 30 swim	5:00-5:15 dryland 5:15-6: 30 swim	5:00-6:15	5:00-5:15 dryland 5:15-6: 30 swim	4:00-5:30	8:00 - 8:30 dryland 8:30 - 10:00 swim
AG 1	4:00-4:30 dryland 4:30-6: 00 swim	4:00-4:30 dryland 4:30-6: 00 swim	4:00-6:15	4:00-4:30 dryland 4:30-6: 00 swim	4:15-6:00	8:00 - 8:30 dryland 8:30 - 10:00 swim
Junior 2	4:15-5:30 swim 5:30-6:00 dryland	4:15-5:30 swim 5:30-6:00 dryland		4:15-5:30 swim 5:30-6:00 dryland	4:15-6:00	8:00 - 9:30
Junior 1	5:00-5:30 dryland 5:30-7: 00 swim	5:00-5:30 dryland 5:30-7: 00 swim	4:00-6:15	5:00-5:30 dryland 5:30-7: 00 swim	4:15-6:00	7:00 - 8:30 swim 8:30 - 9:00 dryland
Senior	4:00-4:30 dryland 4:30-6: 00 swim	4:00-4:30 dryland 4:30-6: 00 swim	4:00-6:15	4:00-4:30 dryland 4:30-6: 00 swim	4:15-6:00	7:00 - 9:00 swim 9:00-9:30 dryland
National	4:00-4:30 dryland 4:30-6: 00 swim	4:00-4:30 dryland 4:30-6: 00 swim	4:00-6:15	4:00-4:30 dryland 4:30-6: 00 swim	4:15-6:00	7:00 - 9:00 swim 9:00-9:30 dryland
Mornings by Invit	5:30 - 7:00	5:30 - 7:00		5:30 - 7:00	5:30 - 7:00	