

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	5:30-7:15 AM PR 6-6:45 PM	5:30-7:15 AM	OFF	5:30-7:15 AM PR 5-5:45 PM	5:30-7:15 AM	9:30-11:30 AM
Senior Elite	5:30-7:15 AM 4:15-5:45 PM PR 6-6:45 PM	5:30-7:15 AM	5:30-7:30 AM 4:15-5:45 PM	OFF PR 5-5:45 PM	5:30-7:15 AM	9:30-11:30 AM
Great White	OFF	PR 5:00-5:45 6-7:15 PM	6:45-8:00 PM	5-6:45 PM [Includes PR at the pool]	5:45-7:00 PM	7-8:30 AM
Great White 2	OFF PR 6-6:45 PM	6:00-7:15 PM	6:45-8:00 PM	5:30-7:15 AM PR 5-5:45 PM	5:45-7:00 PM	9:30-11:30 AM
Swordfish	5:45-6:45 PM	OFF	5:45-6:45 PM	OFF	4:45-5:45 PM	8:30-9:30 AM
Mako		3:45-4:45 PM			3:45-4:45PM	8:30-9:30 AM (invited Mako)
High School	3:30-4:45 PM	PR 3:30-4:15 4:45-5:45	3:30-4:45 PM	3:30-4:45 PM	PR 3:30-4:15 PM	11:30-12:30 [after holiday break]

****Senior Elite will begin 15 minutes later after High School begins***

****High School runs November-Mid February***

****Times for Performance room may change***