

		Mon		Tues		Wed		Thurs		Fri		Sat
		am	pm	am	pm	am	pm	am	pm	am	pm	am
Bronze	SWIM	-	4-5:30	6-7:30	-	-	6-7:30	6-7:30	-	6-7:30	4-5:30	5:30-7:30
		-	NAC	AUTM	-	-	NAC	NAC	-	NAC	NAC	AUTM
		-	4x50	5x25	-	-	4x50	5x25	-	3x50	6x25	3x50
	LAND	-	Dryland - 5:45-6:15	-	-	-	Dryland - 5-6	-	-	-	Dryland - 5:30-6	Gym - 7:45-9
SwimFit	SWIM	6-7:30	-	6-7:30	-	-	-	6-7:30	-	6-7:30	-	-
		NAC	-	NAC	-	-	-	NAC	-	NAC	-	-
		2x50	-	2x25	-	-	-	2x25	-	1x50	-	-