

| SQUAD | | MAY | | | | | | | | | | |
|------------|---------|-----------|-------------|------------|--------------|---------|--------------|------------|--------------|-----------|--------------|--------------|
| | | Mon 5th | | Tues 6th | | Wed 7th | | Thurs 8th | | Fri 9th | | Sat 10th |
| | | am | pm | am | pm | am | pm | am | pm | am | pm | am |
| Gold | SWIM | 5:30-7:30 | 5:30-7/7:30 | 5:30-7:30 | - | 5:30-7 | 4-6 | 5:30-7:30 | 4-6 | 5:30-7:30 | - | 5:30-7:30 |
| | | AUTM | NAC | NAC | - | NAC | NAC | NAC | NAC | NAC | - | NAC |
| | LAND | - | - | 7:45-8:45 | - | - | - | 7:45-8:45 | - | - | - | 7:45-8:45 |
| Silver | SWIM | 6-7:30 | 5:30-7/7:30 | 6-7:30 | - | 5:30-7 | 4-6 | - | 4-6 | 6-7:30 | - | 5:30-7:30 |
| | | NAC | NAC | NAC | - | NAC | NAC | - | NAC | AUTM | - | NAC |
| | LAND | - | 4:45-5:15 | - | - | 7:15-8 | - | - | - | - | - | 7:45-8:45 |
| 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 | AUTM | NAC |
| | LAND | - | 5:45-6:15 | - | - | - | 4:50-5:50 | - | - | - | 5:30-6 | 7:45-8:45 |
| SwimFit | SWIM | 6-7:30 | - | 6-7:30 | - | - | - | 6-7:30 | - | 6-7:30 | - | - |
| | | NAC | - | NAC | - | - | - | NAC | - | AUTM | - | - |
| Panda | SWIM | 6-7:30 | - | - | 4:30-6 | 6-7:30 | - | - | 5:30-7 | - | 4-5:30 | 7:30-9 |
| | | TAKA | - | - | AUTM | TAKA | - | - | TAKA | - | AUTM | AUTM |
| | DRYLAND | - | - | - | 4-4:30 | - | - | - | 5-5:30 | - | - | 6:20-7:20 |
| Yogi | SWIM | - | 5:30-7 (1) | 6-7:30 (1) | 4:30-6 (2) | - | 5:30-7 (All) | 6-7:30 (2) | - | - | 5:30-7 (All) | 7:30-9 (All) |
| | | - | TAKA | TAKA | AUTM | - | TAKA | TAKA | - | - | TAKA | AUTM |
| | DRYLAND | - | 5-5:30 | - | 4-4:30 | - | - | - | - | - | 5-5:30 | 6:20-7:20 |
| Baloo | SWIM | - | 4-5:30 (1) | - | 4:30-6 (All) | - | - | - | 4:30-6 (All) | - | 4-5:30 (2) | 7:30-9 (All) |
| | | - | AUTM | - | AUTM | - | - | - | AUTM | - | AUTM | AUTM |
| | DRYLAND | - | 3:45-4 | - | 4:15-4:30 | - | - | - | 4:15-4:30 | - | 3:45-4 | 7-7:30 |
| Paddington | SWIM | - | - | - | 5-6 | - | - | - | 5-6 | - | - | 7:30-9 |
| | | - | - | - | AUTM | - | - | - | AUTM | - | - | AUTM |
| | DRYLAND | - | - | - | 4:45-5 | - | - | - | 4:45-5 | - | - | 7-7:30 |
| Teddy | SWIM | - | - | - | 4-5 | - | - | - | 4-5 | - | - | - |
| | | - | - | - | AUTM | - | - | - | AUTM | - | - | - |
| | DRYLAND | - | - | - | 3:45-4 | - | - | - | 3:45-4 | - | - | - |