

		Mon		Tues		Wed		Thurs		Fri		Sat
		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	-	AUTM
		5x25	3x50	5x25	-	4x50	4x50	5x25	5x25	4x50	-	4x50
	LAND	-	-	Gym - 8-9	-	-	-	Gym - 8-9	-	-	-	Gym - 8-9