

2024 JUNIOR SQUAD TRAINING SCHEDULES

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
PANDA	Swim	6.00am-7.30am TAKA			4.30pm-6.00pm AUTM (SC)	6.00am-7.30am TAKA			5.30pm-7.00pm TAKA		4.00pm-5.30pm NAC (SC)	7.30am-9.00am AUTM (LC)
	Dryland/Gym				4.00pm-4.30pm AUTM				5.00pm-5.30pm TAKA			6.20am-7.20am AUTM

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
YOGI	Swim		5.30pm-7.00pm (1) TAKA	6am-7.30am (1) TAKA	4.30pm-6pm (2) AUTM (SC)		5.30pm-7pm (all) TAKA	6am-7.30am (2) TAKA			5.30pm-7pm (all) TAKA	7.30am-9am (all) AUTM (LC)
	Dryland/Gym		5.00pm-5.30pm TAKA		4.00pm-4.30pm AUTM						5.00pm-5.30pm TAKA	6.20am-7.20am AUTM

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
BALOO	Swim		4pm-5.30pm (1) AUTM		4.30pm-6pm (all) AUTM (SC)				4.30pm-6pm (all) AUTM (SC)		4pm-5.30pm (2) AUTM (SC)	7.30am-9am (all) AUTM (LC)
	Dryland/Gym				4.15pm-4.30pm AUTM				4.15pm-4.30pm AUTM			7.00am-7.30am AUTM

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
PADDINGTON	Swim				5.00pm-6.00pm AUTM (SC)				5.00pm-6.00pm AUTM (SC)			7.30am-9am AUTM (LC)
	Dryland/Gym				4.45pm-5.00pm AUTM				4.45pm-5.00pm AUTM			7.00am-7.30am AUTM

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
TEDDY	Swim				4.00pm-5.00pm AUTM (SC)				4.00pm-5.00pm AUTM (SC)			
	Dryland/Gym				3.45pm-4.00pm AUTM				3.45pm-4.00pm AUTM			