



Elite Squad - Timetable January Holidays



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activation	6:00 – 6:30		6:00 – 6:30		6:00 – 6:30	6:00 – 6:30
Swim AM	6:30 – 8:30		6:30 – 8:30		6:30 – 8:30	6:30 – 8:30
Gym/Spin	17:00 – 18:00	17:00 – 18:00		17:00 – 18:00		8:30 – 9:30
Activation	14:30 -15:00	14:30 – 15:00	14:30 – 15:00	14:30 – 15:00		
Swim PM	15:00 – 17:00	15:00 – 17:00	15:00 – 17:00	15:00 – 17:00		