



Elite Squad Winter School Holidays Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activation Swim AM	6:00 – 6:30 6:30 – 8:30		6:00 – 6:30 6:30 – 8:30		6:00 – 6:30 6:30 – 8:30	6:00 – 6:30 6:30 – 8:30
Gym/Spin	17:30 – 18:30	17:30 – 18:30		17:30 – 18:30		8:30 – 9:30
Activation Swim PM	15:30 - 16:00 15:30 – 17:30	15:30 - 16:00 15:30 – 17:30	15:30 - 16:00 15:30 – 17:30	15:30 - 16:00 15:30 – 17:30		