

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
McM	5:15 - 7 AM <b>PS 1 Tony</b>	5:15 - 7 AM <b>NS 1 Ulf</b>	5:15 - 7 AM <b>PS 2 Tony</b>	5:15 - 7 AM <b>NS 2 Ulf</b>	5:15 - 7 AM <b>PS 1 Tony</b>	5:15 - 7:15 AM <b>NS 2 Ulf</b>	5:15 - 7:00 AM <b>PS 2 Tony</b>
						15 min	15 min
						7:30 - 9:30 AM	7:15 - 9:15 AM
McM						<b>NS 1 Ulf</b>	<b>NS 1 Ulf</b>
						30 min	15 min
						10 - 11:30 AM	9:30 - 11:30 AM
McM						<b>PS 1 Tony</b>	<b>NS 2 Ulf</b>
						15 min	15 min
McM	4 - 5:30 PM <b>NS 1 Ulf</b>	4 - 5 PM <b>FS 1 Jorge</b>	4 - 5:30 PM <b>FS 2 Jorge</b>	4 - 5:30 PM <b>PS 1 Tony</b>	4 - 6:15 PM <b>FS 2 Jorge</b>	11:45-12:30 PM <b>JSC ?</b>	11:45 - 12:45 PM <b>R 3 Ian</b>
	15 min	15 min	15 min	15 min	15 min	15 min	15 min
McM	5:45 - 7:15 PM <b>NS 2 Ulf</b>	5:15 - 6:30 PM <b>FS 2 Jorge</b>	5:45 - 7:15 PM <b>FS 1 Jorge</b>	5:45 - 7:15 PM <b>PS 2 Tony</b>	6:30 - 8:30 PM <b>PS 2 Tony</b>	12:45 - 1:30 PM <b>JSC ?</b>	1:00 - 2:00 PM <b>R 4 Ian</b>
	15 min	15 min	15 min	15 min			
McM	7:30 - 8:15 <b>JSC Taylor</b>	6:45 - 7:30 PM <b>JSC Taylor</b>	7:30 - 8:15 PM <b>JSC Taylor</b>	7:30 - 8:15 <b>JSC ?</b>			
	15 min	15 min	15 min	15 min			
McM	8:30 - 9:30 PM <b>Teen Aqua Taylor</b>	7:45 - 8:30 <b>JSC Taylor</b>	8:30 - 9:30 PM <b>Teen Aqua Taylor</b>				

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Bal	4 - 6:00 PM <b>PS 2 Tony</b>	4 - 6 PM <b>NS 2 Ulf</b>	4:00 - 6:30 PM <b>PS 1 Tony</b>	4 - 6 PM <b>NS 1 Ulf</b>	4 - 6 PM <b>NS 2 Ulf</b>	7:00 - 8:00 AM <b>R 1 Taylor</b>	
	15 min				15 min	15 min	
Bal	6:15 - 8:30 PM <b>FS 1 Jorge</b>				6:15 - 8:15 PM <b>NS 1 Ulf</b>	8:15 - 9:15 AM <b>R 2 Taylor</b>	

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Gore	4 - 5 PM <b>R 1 &amp; 2 A Taylor</b>		4 - 5 PM <b>R 1 &amp; 2 B Taylor</b>		4 - 5 PM <b>R 1 &amp; 2 C Taylor</b>	6:00 - 7:15 AM <b>FS 2 Jorge</b>	
	30 min		30 min		30 min	15 min	
Gore	5:30 - 6:30 PM <b>R 1 &amp; 2 B Taylor</b>		5:30 - 6:30 PM <b>R 1 &amp; 2 C Taylor</b>		5:30 - 6:30 PM <b>Rl 1 &amp; 2 A Taylor</b>	7:30 - 9:00 AM <b>FS 1 Jorge</b>	

	<u>Tuesday</u>
Earncliffe	4:00 - 5:00 <b>R 3 Ian</b>
	30 min
	5:30 - 6:30 PM <b>R 4 Ian</b>

# Dryland Training Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
McM 5:30 - 6:30 AM <b>PS 2 Ian</b>		McM 5:30 - 6:30 AM <b>PS 1 Taylor</b>			McM 6 - 7:15 AM <b>NS 1 Ian</b> 15 min	McM 7:15 - 8:15 AM <b>PS 2 Tony</b> 15 min
					McM 7:30 - 8:30 AM <b>NS 2 Ian</b> 15 min	McM 8:30 - 9:30 <b>R 2 Taylor</b> 15 min
					McM 8:45 - 9:45 AM <b>PS 1 Tony</b>	McM 9:45 - 10:45 <b>R 1 Taylor</b>
<hr/>						
McM 4:45 - 5:30 PM <b>NS 2 Kim</b> 15 min		McM 4:45 - 5:45 PM <b>FS 1 Ian</b> 15 min		McM 5:00 - 6:00 PM <b>FS 1 Tony</b> 15 min		
McM 5:45 - 6 30 PM <b>NS 1 Kim</b>		McM 6:00 - 7 00 PM <b>FS 2 Ian</b>		McM 6:30 - 7:30 PM <b>FS 2 Jorge</b>		