LONDON AQUATIC CLUB

2018 MARCH BREAK TRAINING SCHEDULE

***all sessions at CGAC**

SAT MAR 10	**6:00-8:00AM and 8:15-9:15AM DRYLAND**
MON MAR 12	**6:00-7:30AM and 3:00-5:00PM**
TUE MAR 13	**5:30-7:30AM and 3:00-4:30PM**
WED MAR 14	**3:00-4:00PM BODY PUMP**
THU MAR 15	**5:30-7:30AM and 3:00-5:00PM**
FRI MAR 16	**6:00-7:30AM and 3:00-4:30PM**
SAT MAR 17	**7:00-9:30AM and 9:30-10:30AM DRYLAND**