

**BRACEBRIDGE BY GROUP SCHEDULE**

<b>Group</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Masters</b>	5:30 - 6:30 PM	6:15 - 7:45 AM	5:45 - 6:45 PM	6:15 - 7:45 AM		6:30 AM - 8:30 AM
<b>Performance</b>	4:00 - 5:30 PM	6:15 - 7:45 AM	4:00 - 5:45 PM	6:15 - 7:45 AM	4:30 - 6:00 PM	6:30 - 8:30 AM plus 13 + 9:00 - 10:00 gym
<b>Advanced</b>	4:00 - 5:30 PM	6:15 - 7:45 AM	4:00 - 5:45 PM	6:15 - 7:45 AM	4:30 - 6:00 PM	6:30 - 8:30 AM plus 13 + 9:00 - 10:00 gym
<b>Fit For Life</b>	4:00 - 5:30 PM		4:00 - 5:45 PM		4:30 - 6:00 PM	
<b>Development</b>	5:15 - 6:30 PM (15 min dryland)		5:30 - 6:45 PM (15 min dryland)		5:00 - 6:00 PM	
<b>Minnows</b>	5:30 - 6:30 PM		5:45 - 6:45 PM			