Group Workout Schedule 2018-19

National Senior

Monday	AM	5:30 - 7:30	St. Andrews
	PM	4:00 - 6:00	Magna
Tuesday	AM	5:30 - 7:30	St. Andrews
	PM	4:00 - 5:45	Complex
Wednesday	AM		
	PM	4:00 - 6:00	Magna
Thursday	AM	5:30 - 7:30	Magna
	PM	4:00 - 5:45	Complex
Friday	AM	5:30 - 7:30	St. Andrews
	PM		
Saturday	AM	6:30 -9:00	Complex

Senior

Monday	AM	5:30 - 7:30	St. Andrews
	PM	4:00 - 6:00	Magna
Tuesday	AM		
	PM	4:00 - 5:45	Complex
Wednesday	AM		
	PM	4:00 - 6:00	Magna
Thursday	AM	5:30 - 7:30	Magna
	PM	4:00 - 5:45	Complex
Friday	AM	5:30 - 7:30	St. Andrews
	PM		
Saturday	AM	6:30 -9:00	Complex

AG 1

Monday	AM	5:30 - 7:30	Magna
	PM		
Tuesday	AM		
	PM	4:00 - 6:00	Magna
Wednesday	AM	5:30 - 7:30	Magna
	PM		
Thursday	AM	5:30 - 7:30	St. Andrews
	PM	4:00 - 6:00	Magna
Friday	AM		
	PM	6:00 -8:00	St. Andrews
Saturday	AM	8:00 -10:00	Magna

AG 2

Monday	AM	5:30 - 7:30	Magna
	PM		
Tuesday	AM		
	PM	4:00 - 6:00	Magna
Wednesday	AM	5:30 - 7:30	Magna
	PM	4:00 - 6:00	Magna
Thursday	AM		
	PM		
Friday	AM		
	PM	6:00 -8:00	St. Andrews
Saturday	AM	8:00 -10:00	Magna

AG 3

Monday	AM		
	PM	4:00 - 5:45	Complex
Tuesday	AM	5:30 - 7:30	Magna
	PM		
Wednesday	AM		
	PM	4:00 - 5:45	Complex
Thursday	AM		
	PM		
Friday	AM	5:30 - 7:30	Magna
	PM		
Saturday	AM	5:30 -8:00	Magna

AG 4

Monday	AM		
	PM	4:00 - 5:45	Complex
Tuesday	AM	5:30 - 7:30	Magna
	PM		
Wednesday	AM		
	PM		
Thursday	AM		
	PM	4:00 - 5:45	Magna
Friday	AM		
	PM	4:00 - 5:00	Complex
Saturday	AM	5:30 - 7:30	Magna

Group Workout Schedule 2018-19

AG 5

Monday	AM		
	PM	4:00 - 5:30	Magna
Tuesday	AM		
	PM		
Wednesday	AM		
	PM	4:00 - 5:30	Complex
Thursday	AM		
	PM	5:00 - 6:00	St. Andrews
Friday	AM	6:00 - 7:30	Magna
	PM		
Saturday	AM	8:00 - 9:30	St. Andrews

DEV 1

Monday	AM		
	PM	6:00 - 7:00	St. Andrews
Tuesday	AM	6:00 - 7:30	St. Andrews
	PM		
Wednesday	AM		
	PM		
Thursday	AM		
	PM		
Friday	AM		
	PM	4:00 - 5:30	Magna
Saturday	AM	6:30 - 8:00	St. Andrews

DEV 2

Monday	AM		
	PM	6:00 - 7:00	St. Andrews
Tuesday	AM		
	PM		
Wednesday	AM		
	PM	6:00 - 7:00	St. Andrews
Thursday	AM		
	PM		
Friday	AM		
	PM	5:30 - 6:30	Magna
Saturday	AM	6:30 - 7:30	St. Andrews

Splashing Up

Monday	AM		
	PM	5:45 - 6:30	Complex
Tuesday	AM		
	PM		
Wednesday	AM		
	PM	5:45 - 6:30	Complex
Thursday	AM		
	PM		
Friday	AM		
	PM	5:30 - 6:30	Complex
Saturday	AM		