

Fusion Swim Club - Training Schedule - Summer 2021

| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|-------------|---------------------------------------|
| Red/White/Elite | 6:30-8:30pm 6:00-6:30pm dryland | 7:30-9:00pm 6:30-8:00am | 6:30-8:30pm 6:00-6:30pm dryland | 7:30-9:00pm 6:30-8:00am | 7:30-9:00pm | 8:00-10:00am 10:00-10:30am dryland |
| Silver/Black | 5:00-6:30pm 6:30-7:00pm dryland | 6:00-7:30pm | 5:00-6:30pm 6:30-7:00pm dryland | 6:00-7:30pm | 6:00-7:30pm | |
| Blue | | 5:00-6:30pm 6:30-7:00pm dryland | | 5:00-6:30pm 6:30-7:00pm dryland | 5:00-6:30pm | |

Updated 5/18/2021