2018 CAQ – Pojoaque Short Course Practice Schedule

Begins Tuesday, September 5, 2017

**Monday/Wednesday/ Friday – 4:00 to 6:30 PM**

Cardio/Weights – 4:00 to 4:45 PM

Swimming – 4:50 to 6:30 PM

**Tuesday/Thursday**

Cardio/Abs – 4:00 to 4:30 PM

Swimming 4:35 to 6:30 PM

**Saturday**

Yoga 9:00 to 9:45 AM

Swimming 9:45 to 11:30 AM

This schedule is subject to change based om meets and travel trip.