


























BEAST HQ SCHEDULE May 30 – July 28, 2023

LOCHNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 9:30am SWIM 	9:00-11:00am SWIM 	7:30 – 9:30am SWIM 	8:00-10:00am <u>SWIM @ UNM</u> 	7:30 – 9:30am SWIM 	9:00 – 11:00am SWIM 
9:30 – 10:30am DRYLAND 	3:00 – 4:30pm SWIM 	9:30 – 10:30am DRYLAND 	9:00-11:00am SWIM 	9:30 - 10:30am DRYLAND 	
	4:30 – 5:30pm DRYLAND 		3:00 – 4:30pm SWIM 		
			4:30 – 5:30pm DRYLAND 		

ELITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 8:00am SWIM 	8:00 – 10:00am <u>SWIM @ UNM</u> 	6:00 – 8:00am SWIM 	8:00 – 10:00am <u>SWIM @ UNM</u> 	6:00 – 8:00am SWIM 	9:00 – 11:00am SWIM 
3:00 – 5:00pm SWIM 		3:00 – 5:00pm SWIM 		3:00 – 5:00pm SWIM 	

*Doug will email Elite Dryland schedule