|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  | **Stroke** **Clinic**: 9-10TBD |
|  |  |  |  |  |  |  |
| **PM**Bronze: 6-7Silver2: 6:45-7:45Silver 1: 6:45-7:45Gold: 4-7Weights 4-5Swim 5-7 | **PM**Bronze: 5:30-6:30Silver:6:30-8Dryland 6:30-7Swim 7-8Gold: 7-9:30Dryland 7-8Swim 8-9:30 | **PM**Silver:6:30-8Dryland 6:30-7Swim 7-8Gold: 7-9:30Dryland 7-8Swim 8-9:30 | **PM**Bronze: 5:30-6:30Silver:6:30-8Dryland 6:30-7Swim 7-8Gold: 7-9:30Dryland 7-8Swim 8-9:30 | **PM**Silver:6:30-8Dryland 6:30-7Swim 7-8Gold: 7-9:30Dryland 7-8Swim 8-9:30 | **PM**Bronze: 6-7Silver2: 5-6:30Silver 1: 5-6Gold: 4-7Weights 4-5Swim 5-7 |  |