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