

**Training Schedule Inclusive of All Training (Land & Swim)**

SQUADS	Mon AM	Mon PM	Tue AM	Tue PM	Wed AM	Wed PM	Thu AM	Thu PM	Fri AM	Fri PM	Sat AM	Sat PM	Sun AM	Sun PM
<b>Discovery Bay Club Siena</b>														
<b>Gold DB Siena</b>														
<b>Swim</b>		1845-2030				1830-2015				1845-2030				
<b>Silver DB Siena</b>														
<b>Swim</b>		1845-2030				1830-2015				1845-2030				
<b>Bronze DB Siena</b>														
<b>Swim</b>				1845-2015				1900-2015						