

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 ES-E-3:30-5:30 S2/1-C-3:30-5:30 s	4 ES-Home S2/1-C-3:30-5:00	5 S2/1-E-5:00-7:00	6 S2/1-C-3:30-5:30 s	7
8	9 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	10 S2/1-C-3:30-5:00 s New Member & General Meeting	11 N2-OFF N1-OFF T2/1-E-5:30-6:45 A2/1-E-6:15-6:45 d A2/1-E-6:45-8:00 s S4/3-M-6:00-7:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	12 N2-OFF N1-OFF T2/1-OFF A2/1-OFF S4/3-C-5:30-7:00 s S2/1-C-3:30-5:30 s M-C-7:00-8:30	13 N2-C-5:30-6:30 N1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-E-6:30-7:00 d A2/1-E-7:00-8:00 s S4/3-C-6:30-8:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	14 S2/1-C-8:00-9:30 s
15	16 N2-OFF N1-OFF T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-E-5:00-6:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	17 N2-C-5:30-6:30 N1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 s S4/3-E-6:00-6:30 d S4/3-E-6:30-8:00 S2/1-C-5:30-6:30 d S2/1-C-3:30-5:30 s M-C-6:30-8:00	18 N2-OFF N1-OFF T2/1-E-5:30-6:45 A2/1-E-6:15-6:45 d A2/1-E-6:45-8:00 s S4/3-M-6:00-7:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	19 N2-M-6:00-7:00 N1-M-6:00-7:00 T2/1-OFF A2/1-OFF S4/3-E-5:30-6:30 s S2/1-E-3:30-5:30 s M-E-6:30-8:00	20 N2-C-5:30-6:30 N1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-E-6:30-7:00 d A2/1-E-7:00-8:00 s S4/3-C-6:30-8:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	21 S2/1-E-7:45-9:00
22	23 N2-OFF N1-OFF T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-E-5:00-6:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	24 N2-C-5:30-6:30 N1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 s S4/3-E-6:00-6:30 d S4/3-E-6:30-8:00 S2/1-C-5:30-6:30 d S2/1-C-3:30-5:30 s M-C-6:30-8:00	25 N2-OFF N1-OFF T2/1-E-5:30-6:45 A2/1-E-6:15-6:45 d A2/1-E-6:45-8:00 s S4/3-M-6:00-7:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	26 N2-E-5:30-6:30 N1-E-5:30-6:30 T2/1-OFF A2/1-OFF S4/3-E-4:00-5:30 s S2/1-C-3:30-5:30 s M-E-6:30-8:00	27 N2-C-5:30-6:30 N1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-E-6:30-7:00 d A2/1-E-7:00-8:00 s S4/3-C-6:30-8:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	28 S2/1-E-7:45-9:00
29	30 N2-OFF N1-OFF T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-E-5:00-6:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r					