

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year All Groups Off	2 N2/1-C-5:30-6:30 T2/1-E-6:45-8:00 A2/1-M-6:00-7:30 S4/3-E-3:30-5:00 S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 s M-C-6:30-8:00	3 N2/1-C-5:30-6:30 T2/1-E-6:45-8:00 A2/1-C-6:30-8:00 S4/3-E-3:30-5:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	4 N2/1@EBSC T2/1@EBSC A2/1@EBSC S4/3@EBSC S2/1@EBSC S2/1@SST
5	6 N2/1-C-5:30-6:30 T2/1-M-6:00-7:15 A2/1-E-6:30-7:00 d A2/1-E-7:00-8:00 s S4/3-E-3:30-5:00 S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 s	7 N2/1-OFF T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 S4/3-E-3:30-5:00 s S4/3-E-5:00-5:30 d S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-C-6:30-8:00	8 N2/1-C-5:00-6:00 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4/3-E-3:30-5:00 s S2/1-C-3:30-5:00 s	9 N2/1-OFF T2/1-OFF A2/1-E-5:30-7:00 S4/3-M-6:00-7:30 S2/1-E-5:30-7:00 am S2/1-E-3:30-5:30 s M-E-7:00-8:30	10 N2/1-C-5:30-6:30 T2/1-E-6:45-8:00 A2/1-C-6:30-8:00 S4/3-E-3:30-5:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	11 S2/1-C-7:00-8:30 s
12	13 N2/1-C-5:30-6:30 T2/1-M-6:00-7:15 A2/1-E-6:30-7:00 d A2/1-E-7:00-8:00 s S4/3-E-4:00-5:30 S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 s	14 N2/1-OFF T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-E-7:00-8:30	15 N2/1-C-5:00-6:00 T2/1-E-5:15-6:30 A2/1-E-6:30-8:00 S4/3-E-4:00-5:30 S2/1-C-3:30-5:00 s	16 N2/1-OFF T2/1-OFF A2/1-C-5:30-7:00 S4/3-E-4:00-5:30 S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 M-E-7:00-8:30	17 N2/1-C-5:30-6:30 T2/1-E-6:45-8:00 A2/1-C-6:30-8:00 S4/3-E-4:00-5:30 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	18 N2/1@SHOR T2/1@SHOR A2/1@SHOR S4/3@SHOR S2/1-C-7:00-8:30 s
19 N2/1@SHOR T2/1@SHOR A2/1@SHOR S4/3@SHOR	20 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A2/1-E-6:45-8:00 S4/3-E-5:30-6:45 S2/1-E-5:30-7:00 am S2/1-E-3:30-5:30 s	21 N2/1-OFF T2/1-OFF A2/1-M-6:00-7:30 S4/3-E-5:00-5:30 d S4/3-E-5:30-7:00 S2/1-E-3:30-5:30 S2/1-E-5:30-6:30 d M-E-7:00-8:30	22 N2/1-C-5:00-6:00 T2/1-E-5:15-6:30 A2/1-E-6:30-8:00 S4/3-E-4:00-5:30 S2/1-C-3:30-5:00 s	23 N2/1-OFF T2/1-OFF A2/1-C-5:30-7:00 S4/3-E-4:00-5:30 S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 M-E-7:00-8:30	24 N2/1-C-5:30-6:30 T2/1-E-6:45-8:00 A2/1-C-6:30-8:00 S4/3-E-4:00-5:30 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	25 N2/1@MFSC T2/1@MFSC A2/1@MFSC S2/1-C-7:00-8:30 s
26 S4/3@OZ S2/1@OZ	27 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A2-OFF A1-E-6:30-7:00 d A1-E-7:00-8:00 s S4-OFF S3-E-6:45-8:00 s S2/1-E-5:30-7:00 am S2/1-E-3:30-5:30 s	28 N2/1-OFF T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-E-7:00-8:30	29 N2/1-C-5:00-6:00 T2/1-E-5:15-6:30 A2/1-E-6:30-8:00 S4/3-E-4:00-5:30 S2/1-C-3:30-5:00 s	30 N2/1-OFF T2/1-OFF A2/1-C-5:30-7:00 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 s M-C-7:00-8:30	31 N2/1-C-5:30-6:30 T2/1-E-6:45-8:00 A2/1-C-6:30-8:00 S4/3-E-4:00-5:30 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d SST A+	