

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 S2/1-C-7:00-9:00 am	1 S2/1-E-6:00-8:00	2 S2/1-E-6:00-8:00	3 S2/1-C-4:00-6:00	4	5
6	7	8 S2/1-E-6:00-8:00	9 S2/1-E-6:00-8:00	10 S2/1-E-4:00-6:00	11 S2/1-E-6:00-8:00	12
13	14 NA-M-6:15-7:00 NB-M-6:15-7:00 NC-M-7:00-7:45 ND-M-7:00-7:45 TA-E-5:30-6:30 TB-OFF TC-OFF TD-OFF A2-E-5:30-6:30 A1-E-6:30-7:45 S4-C-4:00-5:00 S3- E-7:45-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	15 NA-E-5:30-6:15 NB-E-6:15-7:00 NC-E-6:15-7:00 ND-E-6:15-7:00 TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-E-5:30-6:15 A1-E-7:00-8:00 S4-C-4:00-5:00 S3-E-8:00-9:00 S2/1-C-3:30-5:00 s S2/1-C-5:00-6:00 d	16 NA-OFF NB-OFF NC-OFF ND-OFF TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-E-5:30-6:30 A1-E-6:30-7:45 S4-E-5:30-6:30 S3-E-7:45-9:00 S2/1-C-5:30-7:00 am	17 NA-OFF NB-OFF NC-OFF ND-OFF TA-M-7:00-7:45 TB-M-7:00-7:45 TC-M-6:15-7:00 TD-M-6:15-7:00 A2-OFF A1-OFF S4-OFF S3-C-3:30-5:00 S2/1-C-5:30-7:00 am	18 NA-E-5:45-6:30 NB-E-5:00-5:45 NC-E-5:00-5:45 ND-E-5:00-5:45 TA-OFF TB-OFF TC-OFF TD-OFF A2-M-6:15-7:45 A1-E-6:30-8:00 S4-E-5:45-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 d	19 NA-E-10:00-11:00 NB-E-9:00-10:00 NC-E-9:00-10:00 ND-E-9:00-10:00 TA-E-11:00-12:00 TB-E-11:00-12:00 TC-E-10:00-11:00 TD-E-10:00-11:00 A2-E-12:00-1:00 A1-E-1:00-2:00 S4-E-11:00-12:00 S3-C-12:00-1:30 S2/1-M-8:00-10:00
20	21 NA-M-6:15-7:00 NB-M-6:15-7:00 NC-M-7:00-7:45 ND-M-7:00-7:45 TA-E-5:00-6:00 TB-OFF TC-OFF TD-OFF A2-E-5:00-6:00 A1-E-6:00-7:30 S4-C-4:00-5:00 S3- E-7:30-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	22 NA-E-5:30-6:15 NB-E-6:15-7:00 NC-E-6:15-7:00 ND-E-6:15-7:00 TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-E-5:30-6:15 A1-E-7:00-8:00 S4-C-4:00-5:00 S3-E-8:00-9:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 d	23 NA-OFF NB-OFF NC-OFF ND-OFF TA-OFF TB-E-5:30-6:30 TC-E-5:30-6:30 TD-E-5:30-6:30 A2-OFF A1-E-6:30-7:45 S4-C-4:00-5:00 S3-E-7:45-9:00 S2/1-C-5:30-7:00 am	24 NA-E-5:45-7:00 NB-E-5:00-5:45 NC-E-5:00-5:45 ND-E-5:00-5:45 TA-E-7:00-7:45 TB-E-7:00-7:45 TC-E-5:45-7:00 TD-E-5:45-7:00 A2-OFF A1-OFF S4-E-7:00-8:00 S3-C-6:30-8:00 S2/1-C-5:30-7:00 am S2/1-E-3:30-5:00	25 NA-OFF NB-OFF NC-OFF ND-OFF TA-E-5:00-5:45 TB-E-5:00-5:45 TC-E-5:00-5:45 TD-E-5:45-6:30 A2-M-6:15-7:45 A1-E-6:30-8:00 S4-E-5:45-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 d	26 CHANGE! NA@EBSC NB@EBSC NC@EBSC ND@EBSC TA@EBSC TB@EBSC TC@EBSC TD@EBSC A2@RA A1@RA S4@EBSC S3@EBSC S2/1@EBSC

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – SEPTEMBER 2020

<p>27</p>	<p>28 NA-M-6:15-7:00 NB-M-6:15-7:00 NC-M-7:00-7:45 ND-M-7:00-7:45 TA-E-5:30-6:30 TB-OFF TC-OFF TD-OFF A2-E-5:30-6:30 A1-E-6:30-7:45 S4-C-4:00-5:00 S3- E-7:45-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00</p>	<p>29 NA-OFF NB-OFF NC-C-5:00-6:00 ND-C-5:00-6:00 TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-C-6:00-7:00 A1-C-7:00-8:00 S4-C-4:00-5:00 S3-C-8:00-9:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 d</p>	<p>30 NA-M-5:30-6:30 NB-M-5:30-6:30 NC-OFF ND-OFF TA-OFF TB-E-5:30-6:30 TC-E-5:30-6:30 TD-E-5:30-6:30 A2-M-6:30-8:00 A1-E-6:30-7:45 S4-OFF S3-E-7:45-9:00 S2/1-M-3:30-5:30</p>	<p>1 NA-E-6:00-6:30 NB-E-6:00-6:30 NC-E-5:30-6:00 ND-E-5:30-6:00 TA-M-7:00-7:45 TB-M-7:00-7:45 TC-M-6:15-7:00 TD-M-6:15-7:00 A2-OFF A1-E-6:30-7:45 S4-OFF S3-E-7:45-9:00 S2/1-C-5:30-7:00 am</p>	<p>2 NA-OFF NB-OFF NC-OFF ND-OFF TA-E-5:00-5:45 TB-E-5:00-5:45 TC-E-5:00-5:45 TD-E-5:45-6:30 A2-M-6:15-7:45 A1-E-6:30-8:00 S4-E-5:45-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 d</p>	<p>3 NA-E-10:00-11:00 NB-E-9:00-10:00 NC-E-9:00-10:00 ND-E-9:00-10:00 TA-E-11:00-12:00 TB-E-11:00-12:00 TC-E-10:00-11:00 TD-E-10:00-11:00 A2-E-12:00-1:00 A1-E-1:00-2:00 S4-E-11:00-12:00 S3-C-12:00-1:30 S2/1-M-8:00-10:00</p>