

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 N2-M-5:30-6:30 N1-M-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-5:30-7:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30	4 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-M-5:30-6:45 T1-M-5:30-6:45 A2-E-6:30-8:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-6:30-8:00 S1-C-5:30-7:00 am S1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-C-6:30-8:00	5 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-5:30-6:30 T1-E-5:30-6:30 A2-C-5:00-6:30 A1-OFF S4-OFF S3-E-6:30-8:00 S2-C-5:00-6:30 S1-C-3:30-5:00	6 N2-OFF N1-OFF T2-OFF T1-OFF A2-E-5:30-7:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30 M-C-6:30-8:00	7 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-6:30-8:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S1-E-3:30-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w	8 A2-E-8:30-10:00 S1-E-7:00-8:30
9	10 N2-M-5:30-6:30 N1-M-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-5:30-7:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30	11 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-M-5:30-6:45 T1-M-5:30-6:45 A2-E-6:30-8:00 A1-C-5:00-6:30 S4-OFF S3-C-3:30-5:00 S2-E-6:30-8:00 S1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-C-6:30-8:00	12 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-5:30-6:30 T1-E-5:30-6:30 A2-C-5:00-6:30 A1-E-6:30-8:00 S4-E-6:30-8:00 S3-OFF S2-C-5:00-6:30 S1-C-3:30-5:00	13 N2-OFF N1-OFF T2-OFF T1-OFF A2-E-5:30-7:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30 M-C-6:30-8:00	14 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-C-6:15-7:45 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S1-E-3:30-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w	15
16	17 N2-M-5:30-6:30 N1-M-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-5:30-7:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30	18 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-M-5:30-6:45 T1-M-5:30-6:45 A2-E-6:30-8:00 A1-OFF S4-OFF S3-OFF S2-E-6:30-8:00 S1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-C-7:00-8:00	19 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-5:30-6:30 T1-E-5:30-6:30 A2-OFF A1-C-5:00-6:30 S4-C-5:00-6:30 S3-E-6:30-8:00 S2-OFF S1-C-3:30-5:00	20 N2-OFF N1-OFF T2-OFF T1-OFF A2-E-5:30-7:00 A1-E-7:00-8:15 S4-OFF S3-M-5:30-7:00 S2-E-5:30-7:00 am S2-E-5:30-7:00 S1-C-5:30-7:00 am S1-E-3:30-5:30 M-C-7:00-8:00	21 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-C-5:30-6:45 T1-C-5:30-6:45 A2-E-6:30-8:00 A1-C-6:45-8:00 S4-C-6:45-8:00 S3-E-6:30-8:00 S1-E-3:30-5:30 S2-E-3:30-5:30 S2/1-E-5:30-6:30 w	22
23	24 N2-M-5:30-6:30 N1-M-5:30-6:30 T2-OFF T1-OFF A2-C-5:30-7:00 A1-E-5:30-7:00 S4-E-5:30-7:00 S3-C-7:00-8:30 S2-E-5:30-7:00 am S2-C-5:30-7:30 S1-C-5:30-7:00 am S1-C-3:30-5:30	25 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-M-5:30-6:45 T1-M-5:30-6:45 A2-E-6:30-8:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-6:30-8:00 S1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-C-6:30-8:00	26 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-5:30-6:30 T1-E-5:30-6:30 A2-C-5:00-6:30 A1-E-6:30-8:00 S4-E-6:30-8:00 S3-OFF S2-C-5:00-6:30 S1-C-3:30-5:00	27 N2-OFF N1-OFF T2-OFF T1-OFF A2-E-5:30-7:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30 M-C-6:30-8:00	28 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-6:30-8:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S1-E-3:30-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w	29 S2-E-8:30-10:00 S1-E-7:00-8:30
30	31 ALL GROUPS OFF HAPPY MEMORIAL DAY					

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – May 2021

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