

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 S2/1-C-3:30-5:00	31 S2/1-C-3:30-5:00	1 S2/1-C-3:30-5:00	2 S2/1-C-3:30-5:00	3	4
5	6	7 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	8 S2/1-C-3:30-5:00	9 S2/1-C-3:30-5:00	10 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	11
12	13 N2/1-M-6:15-7:15 T2/1-C-6:30-7:45 A2/1-E-5:00-6:30 S4-C-3:30-5:00 S3-E-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	14 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:15-7:45 S4-C-3:30-5:00 S3-E-5:00-5:30 d S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	15 N2/1-OFF T2/1-OFF A2/1-E-5:00-6:30 A2/1-E-6:30-7:00 d S4-C-6:30-8:00 S3-E-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	16 N2/1-E-5:00-6:00 T2/1-OFF A2/1-OFF S4-OFF S3-E-5:30-6:00 d S3-E-6:00-7:00 S2/1-M-6:15-7:45 M-E-7:00-8:30	17 N2/1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-C-5:00-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	18 S2/1-TBA
19	20 N2/1-M-6:15-7:15 T2/1-OFF A2/1-E-5:00-6:30 S4-OFF S3-E-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	21 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:15-7:45 S4-C-3:30-5:00 S3-E-5:00-5:30 d S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	22 N2/1-OFF T2/1-C-6:30-7:45 A2/1-E-5:00-6:30 A2/1-E-6:30-7:00 d S4-E-6:30-8:00 S3-M-6:15-7:45 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	23 N2/1-E-5:00-6:00 T2/1-E-6:00-7:15 A2/1-OFF S4-E-3:30-5:00 S3-C-5:00-6:30 S3-C-6:30-7:00 d S2/1-C-3:30-5:00 M-C-6:30-8:00	24 N2/1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-C-5:00-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	25 S4@WEST S3@WEST S2/1@WEST
26	27 N2/1-M-6:15-7:15 T2/1-OFF A2/1-E-5:00-6:30 S4-C-3:30-5:00 S3-E-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	28 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:15-7:45 S4-C-3:30-5:00 S3-E-5:00-5:30 d S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	29 N2/1-E-6:30-7:30 T2/1-C-6:30-7:45 A2/1-E-5:00-6:30 A2/1-E-6:30-7:00 d S4-OFF S3-M-6:15-7:45 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	30 N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-OFF S2/1-M-6:15-7:45 M-OFF	1 N2/1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-C-5:00-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	2 N2/1@RA T2/1@RA A2/1@RA S2/1-TBA