

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 N2/1-M-6:30-7:30 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-5:30-7:00 am S2/1-C-3:30-5:00	2 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:30-8:00 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	3 N2/1-E-6:30-7:30 T2/1-C-6:30-7:45 A2/1-E-5:00-6:30 S2/1-E-6:30-7:00 d S4-E-6:30-8:00 S3-M-6:30-8:00 S2/1-C-3:30-5:00	4 N2/1-E-6:15-7:15 T2/1-E-5:00-6:15 A2/1-OFF S4-C-3:30-5:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 M-C-6:30-8:00	5 N2/1-E-5:30-6:30 T2/1-C-5:00-6:15 A2/1-E-6:30-8:00 S4-OFF S3-E-4:00-5:30 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	6 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-E-7:30-9:00
7 N2/1@WEST T2/1@WEST A2/1@WEST S4/3@WEST	8 N2/1-M-6:30-7:30 T2/1-OFF A2/1-E-5:30-7:00 S4-E-6:30-8:00 S3-E-4:00-5:30 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	9 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:30-8:00 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	10 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-E-6:30-8:00 S3-M-6:30-8:00 S2/1-C-3:30-5:00	11 N2/1-E-6:15-7:15 T2/1-E-5:00-6:15 A2/1-OFF S4-C-3:30-5:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 M-C-6:30-8:00	12 N2/1-E-5:30-6:30 T2/1-C-5:00-6:15 A2/1-E-6:30-8:00 S4/3@PX3 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	13 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-E-7:30-9:00
14 N2/1@SHOR T2/1@SHOR S2/1@SHOR S4/3@PX3	15 N2/1-OFF T2/1-OFF A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-C-3:30-5:00 S2/1-E-4:30-6:30	16 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:30-8:00 S4-C-5:30-6:30 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 M-C-6:30-8:00	17 N2/1-C-5:00-6:00 T2/1-E-6:00-7:15 A2/1-M-6:30-8:00 S4-E-3:30-5:00 S3-E-4:30-6:00 S2/1-C-3:30-5:00	18 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-5:45-6:15 d A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 M-C-6:30-8:00	19 N2/1-C-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-OFF S3-E-4:00-5:30 S2/1-C-3:30-5:00 S2/1@WEST	20 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1@WEST
21 S2/1@WEST	22 N2/1-OFF T2/1-M-6:30-7:45 A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-C-3:30-5:00 S2/1-E-4:30-6:30	23 N2/1-E-5:30-6:30 T2/1-E-5:30-6:30 A2/1-E-5:30-6:30 S4-C-6:30-8:00 S3-C-5:00-5:30 d S3-C-5:30-7:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-E-6:30-8:00	24 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-M-7:30-9:30 am	25 ALL GROUPS OFF HAPPY THANKSGIVING	26 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-TBA	27 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-E-7:00-9:00
28	29 N2/1-OFF T2/1-OFF A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-C-3:30-5:00 S2/1-E-4:30-6:30	30 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:30-8:00 S4-C-5:00-5:30 d S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-C-6:30-8:00				