

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JANUARY 2022

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