

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – APRIL 2023- REVISED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			19 N2/1-M-5:30-6:30 T2/1-M-6:30-7:45 A2/1-C-5:00-6:30 S4-C-6:30-8:00 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2-C-3:30-5:00 S1-C-5:30-7:00 am	20 N2/1-C-7:00-8:00 T2/1-C-6:45-8:00 A2/1-M-6:45-8:00 S4-M-5:30-6:45 S3-M-4:00-5:30 S2-C-5:15-7:00 S1-C-3:30-5:30	21 N2/1-M-5:30-6:30 T2/1-M-6:30-7:45 A2/1-OFF S4-OFF S3-M-4:00-5:30 S2-C-6:30-8:00 S1-C-3:30-5:15 S2/1-C-5:30-6:30 w M-C-5:15-6:45	22 EBSS-C-9:00-11:20 N2/1-OFF T2/1@SHOR A2/1@SHOR S3-10:30-11:30 d S3-11:30-1:00 S2/1-C-7:00-8:30
	24 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-M-5:30-6:45 S4-M-6:45-8:00 S3-M-4:00-5:30 S2-C-5:30-7:30 S1-C-5:30-7:00 am S1-C-3:30-5:30	25 N2/1-OFF T2/1-OFF A2/1-M-6:45-8:00 S4-M-5:30-6:45 S3-M-4:00-5:30 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-C-5:30-6:30	26 N2/1-C-6:30-7:30 T2/1-L-5:00-6:15 A2/1-C-5:00-6:30 S4-C-6:30-8:00 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2-M-4:00-6:00 S1-C-5:30-7:00 am	27 N2/1-C-7:00-8:00 T2/1-C-6:45-8:00 A2/1-M-6:45-8:00 S4-M-5:30-6:45 S3-M-4:00-5:30 S2-C-5:15-7:00 S1-C-5:30-7:00 am S1-C-3:30-5:30	28 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-C-5:30-7:00 S4-OFF S3-M-4:00-5:30 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w	29 EBSS-C-9:00-11:20 N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-C-10:30-11:30 d S3-C-11:30-1:00 S2/1-C-7:00-8:30