

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – OCTOBER 2022

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