

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JANUARY 2023

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