

District

Monday	3.45pm - 5.15pm	SC	Dryland - last 15min
Tuesday	5.30am - 7.00am	SC	Combined Metropolitan Squad
Tuesday	3.45pm - 5.15pm	SC	Dryland - last 15min
Wednesday	3.45pm - 5.15pm	SC	Dryland - last 15min
Thursday	5.30am - 7.00am	SC	Combined Metropolitan Squad
Thursday	3.45pm - 5.15pm	SC	Dryland - last 15min
Friday	3.45pm - 5.15pm	SC	Dryland - last 15min
Saturday	6.00am - 7.30am	LC	Combined Metropolitan Squad

Metropolitan

Monday	4.30pm - 6.30pm	SC	Dryland - first 30min
Tuesday	5.30am - 7.00am	SC	Combined with District Squad
Wednesday	4.30pm - 6.30pm	SC	Dryland - first 30min
Thursday	5.30am - 7.00am	SC	Combined with District Squad
Friday	4.30pm - 6.30pm	SC	Dryland - first 30min
Saturday	6.00am - 7.30am	LC	Combined with District Squad

State

Monday	5.30am - 7.15am	SC	
Tuesday	5.30am - 7.15am	LC	
Tuesday	4.30pm - 6.45pm	LC	Dryland - first 30min
Wednesday	5.30am - 7.15am	SC	
Thursday	5.30am - 7.15am	LC	
Thursday	4.30pm - 6.45pm	LC	Dryland - first 30min
Friday	5.30am - 7.15am	SC	
Saturday	6.00am - 8.00am	SC	

Distance

Monday	5.30am - 7.15am	LC	
Monday	4.00pm - 6.30pm	LC	Dryland - first 30min
Tuesday	5.30am - 7.15am	SC	
Tuesday	4.15pm - 7.00pm	LC	Dryland / gym - first 45min
Wednesday	4.15pm - 7.00pm	LC	Yoga - first 45 minutes
Thursday	5.30am - 7.15am	SC	
Thursday	4.15pm - 7.00pm	LC	Dryland / gym - first 45min
Friday	5.30am - 7.15am	LC	
Friday	4.00pm - 6.30pm	LC	Dryland - first 30min
Saturday	6.00am - 8.45am	LC	Dryland / gym - last 45min

SPRINT I

Monday	6.30am - 8.00am	SC	
Monday	4.00pm - 6.00pm	LC	Dryland - first 30min
Tuesday	6.30am - 8.00am	LC	
Tuesday	4.15pm - 5.00pm		Gym
Wednesday	4.15pm - 6.30pm	LC	Yoga - first 45min
Thursday	6.30am - 8.00am		
Thursday	4.15pm - 5.00pm	LC	Gym
Friday	6.30am - 8.00am	SC	
Friday	4.00pm - 6.00pm	LC	Dryland - first 30min
Saturday	6.00am - 8.45am	SC	Dryland / gym - last 45min

SPRINT II

Monday	5.30am - 7.00am	SC	
Monday	4.00pm - 6.00pm	LC	Dryland - first 30min
Tuesday	5.30am - 7.00am		
Tuesday	4.15pm - 5.00pm	LC	Gym
Wednesday	4.15pm - 6.30pm		Yoga - first 45min
Thursday	5.30am - 7.00am	LC	
Thursday	4.15pm - 5.00pm	LC	Gym
Friday	5.30am - 7.00am	SC	
Friday	4.00pm - 6.00pm	LC	Dryland - first 30min
Saturday	6.00am - 8.45am	SC	Dryland / gym - last 45min

Club

Monday	7.00am - 8.00am	SC
Tuesday	5.00pm - 6.00pm	SC
Wednesday	7.00am - 8.00am	SC
Thursday	5.00pm - 6.00pm	SC
Friday	7.00am - 8.00am	SC

Swim Fit

Tuesday	9.30am - 10.30am	SC
Thursday	9.30am - 10.30am	SC

Adult

Monday	5.30am - 7.00am	LC
Monday	6.45pm - 8.00pm	LC
Wednesday	5.30am - 7.00am	SC
Wednesday	6.45pm - 8.00pm	LC
Friday	5.30am - 7.00am	LC