



PERFORMANCE SQUADS TRAINING SCHEDULES
EFFECTIVE 30/9/2024

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
GRIZZLY BEARS	Swim	5.30am-7.30am NAC (LC)	5.30pm-7.30pm NAC (LC)	5.30am-7.30am NAC (SC)		5.30am-7.00am NAC (LC)	4.00pm-6.00pm NAC (LC)	5.30am-7.30am NAC (SC)	4.00pm-6.00pm NAC (SC)	5.30am-7.30am NAC (LC)		5.30am-7.30am AUTM (LC)
		5.55am-7.30am BIKE	4.30pm-6.00pm BIKE	8.00am-9.00am GYM		5.30am-7.30am BIKE		8.00am-9.00am GYM				

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
POLAR BEARS	Swim	5.30am-7.30am NAC (LC)	5.30pm-7.00pm NAC (LC)	5.30am-7.30am NAC (SC)		5.30am-7.00am NAC (LC)	4.00pm-6.00pm NAC (LC)	.	4.00pm-6.00pm NAC (SC)	5.30am-7.30am NAC (LC)		5.30am-7.30am AUTM (LC)
		5.30am-5.55am BIKE	4.30pm-5.30pm DRYLAND	5.20am-7.40am BIKE		7.15am-8.00am GYM				5.20am-7.40am BIKE		7.30am-7.55am BIKE 8.00am-9.00am GYM