

		MON	TUES	WED	THURS	FRI	SAT
JUNIORS	AM	OFF	6.30 – 7.30	OFF	OFF	OFF	OFF
	PM	3.30 - 4.30 (15mins games/activation)	3.30 - 4.30 (15mins games/activation)	3.30 - 4.30 RACE (15mins games/activation)	3.30 - 4.30 (15mins games/activation)	3.30 – 4.30	OFF
INTER/ SENIORS	AM	OFF	5.45am-7.45am (15min skip)	OFF	5.45am-7.45am (15min skip)	5.45am-7.45am (15min skip)	6.00 – 8.00 swim + 8.00 - 8.30 GYM *
	PM	3.30 - 6.00pm**	3.30 – 5.15 5.30 – 6.00 GYM*	3.30 – 6.00 15 to 30 min land activation	3.30 – 5.15 5.30 – 6.00 GYM*	OFF	OFF
MASTERS	AM	OFF	OFF	OFF	6.00 – 7.00	6.00 – 7.00	OFF
	PM	OFF**	5.30 - 6.30pm	5.30 - 6.30pm	5.30 - 6.30pm	OFF	OFF

*Gym will be available before morning sessions and after evening sessions outline pending on age and development.

** Padua and Mt Alvernia AIC Training.