

SQUAD TIMETABLE TERM 2

24TH APRIL – 2ND JULY 2017



KNOX GRAMMAR SCHOOL
AQUATIC CENTRE

GOLD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:15 - 7:30		5:15 - 7:30		5:15 - 7:30	6:45 - 9:00	7:45 - 10:00
PM	4:30 - 6:15	4:30 - 6:15	4:30 - 6:15		3:30 - 5:00		
GYM	3:40-4:20 PM	3:40-4:20 PM	3:40-4:20 PM				

SILVER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:15 - 7:30	5:15 - 7:15	5:15 - 7:30	5:15 - 7:15	5:15 - 7:30	6:45 - 9:00
PM	4:30 - 6:15	4:30 - 6:15	4:30 - 6:15		3:30 - 5:00	
GYM	3:40-4:20 PM	3:40-4:20 PM	3:40-4:20 PM			

BRONZE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	9:00-10:30	10:00 - 11:30
PM				3:30 - 5:00	3:30 - 5:00	3:00-4:30	
		5:00 - 6:30		5:00 - 6:30			

FITNESS (non-competitive)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	7:00 - 8:00		7:00 - 8:00		7:00 - 8:00	9:00 - 10:00
PM	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30		3:00-4:00
PM	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	6:00 - 7:00	

RED

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:15 - 7:30		5:15 - 7:30	6:30 - 8:00	5:15 - 7:30	6:45 - 9:00
PM	4:30 - 6:15	4:30 - 6:15	4:30 - 6:15	4:30 - 6:15		
GYM	3:40-4:20 PM	3:40-4:20 PM	3:40-4:20 PM	3:40-4:20 PM		

WHITE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30 - 7:00	6:30 - 8:00	5:30 - 7:00	6:30 - 8:00	5:30 - 7:00		10:00 - 11:30
PM	3:30 - 5:00	3:30 - 5:00	3:30 - 5:00	4:30 - 6:15	4:30 - 6:00	2:00 - 3:30	
GYM			5:00 - 6:30	3.40-4.20 PM			

BLACK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6:15 - 7:30		6:15 - 7:30		6:15 - 7:30		9:00 - 10:00
PM	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30		1:45 - 3:00	
	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00		

BLUE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6:15 - 7:30		6:15 - 7:30		6:15 - 7:30		9:00 - 10:00
PM	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30	3:30 - 4:30		1:45 - 3:00	
PM	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00		