

SQUAD TIMETABLE - TERM 3

23RD JULY 2018 – 26TH AUGUST 2018



KNOX GRAMMAR SCHOOL
AQUATIC CENTRE

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Senior Performance

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

Senior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:30 – 8:00		6:30 – 8:00			8:00 – 9:30
PM	3:30 – 4:30 5:00 – 6:30	3:30 – 5:00	5:00 – 6:30	3:30 – 4:30 4:30 – 6:00	3:30 – 5:00	2:00 – 3:30	

National Target

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

Junior Performance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:15 – 7:30		5:15 – 7:30		5:15 – 7:30		
PM	4:30 – 6:15	4:30 – 6:15	4:30 – 6:15	4:30 – 6:15		12:00 – 2:30	
GYM	3:40 – 4:20	3:40 – 4:20					
YOGA			6:45-7:30AM	3:40-4:20PM			

Junior Black

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM				6:30 – 8:00			
PM	3:30 – 5:00	4:30 – 6:00	3:30 – 5:00	3:30 – 5:00 5:00 – 6:30	<i>Race Night</i> 4:30 – 6:30	3:30 – 5:00	10:30 – 12:00
YOGA			6:45-7:30AM	3:40-4:20PM			

Junior Blue

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							9:30 – 10:30
PM	3:30 – 4:30	3:30 – 4:30 6:00 – 7:00	3:30 – 4:30 5:00 – 6:00	3:30 – 4:30 4:30 – 5:30	<i>Race Night</i> 4:30 – 6:30	2:30 – 3:30	

Adult Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:30 – 6:30		5:30 – 6:30			
PM	6:30 – 7:30	6:30 – 7:30	6:30 – 7:30	6:30 – 7:30		3:30 – 4:30	

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