

# SQUAD TIMETABLE - TERM 2

29<sup>TH</sup> APRIL 2019 – 28<sup>TH</sup> JUNE 2019



KNOX GRAMMAR SCHOOL  
AQUATIC CENTRE

## 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	6:45 – 9:00	7:45 – 10:00
PM	4:30 – 6:30		4:30 – 6:30				
GYM	3:40 – 4:20		3:40 – 4:20				
YOGA				7:00 – 8:00 AM			

## Junior Performance

	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 – 6:30		4:30 – 6:15			
GYM		3:40 – 4:20	3:40 – 4:20				
YOGA				3:40-4:20PM			

## Senior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							9:30 – 11:00
PM	5:00 – 6:30	3:30 – 5:00	3:30 – 5:00	3:30 – 4:30 4:30 – 6:00	3:30 – 5:00	2:00 – 3:30	

## Junior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:30 – 8:00		6:30 – 8:00		10:00-11:30	8:00 – 9:30
PM	3:30 – 5:00	5:00 – 6:30	5:00 – 6:30	4:30 – 6:00			
YOGA				3:40-4:20PM	Race Night 4:30 – 6:30		

## Black Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:30 – 8:00		6:30 – 8:00			
PM	4:30 – 6:00	4:30 – 6:00	3:30 – 5:00	4:30 – 6:00		3:30 – 5:00	9:00 – 10:30
YOGA				3:40-4:20PM	Race Night 4:30 – 6:30		

## Blue Squad

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

## 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	

### Race Night

4:30 – 6:30

**Race Night Dates are 17<sup>th</sup> May, 7<sup>th</sup> June, 14<sup>th</sup> June and 21<sup>st</sup> June**