

# SQUAD TIMETABLE - TERM 3



KNOX GRAMMAR SCHOOL AQUATIC CENTRE

19<sup>TH</sup> AUGUST 2019 – 29<sup>TH</sup> SEPTEMBER 2019

## 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	
PM	4:30 – 6:30	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	
PM	5:00 – 6:30	4:30 – 6:30		4:30 – 6:15			
GYM		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 – 4:30	3:30 – 5:00	6:15 – 7:30	3:30 – 5:00	2:00 – 3:30	

## Junior Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:00 – 7:30		6:30 – 8:00		2:30 – 4:00	8:00 – 9:30
PM	3:30 – 5:00	3:30 – 5:00	5:00 – 6:30	3:30 – 5:00	4:30 – 6:00		
					<b>OR</b>		
					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	3:30 – 5:00	4:30 – 6:15	3:30 – 5:00	5:00 – 6:30	4:30 – 6:15	2:30-4:00	9:00 – 10:30
					<b>OR</b>		
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	5:00 – 6:00	4:00 – 5:00	
					<b>OR</b>		
			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	7:30 – 8:30		3:30 – 4:30	

**Race Night**  
4:30 – 6:30

**Race Night Dates are 23<sup>rd</sup> August, 6<sup>th</sup> and 20<sup>th</sup> September**