

APRIL 22ND - APRIL 27TH

Monday Tuesday Wednesday Thursday Friday Saturday

Masters

5:30 to 7 AM
Land & Swim

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Cycle & Land

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Swim Only

AM

PM

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Cycle & Land

5:30 to 7 AM
Swim Only

4:45 to 6:45
Swim Only

3:45 to 5:30
Land & Swim

3:45 to 5:45
Swim Only

3:45 to 5:30
Land & Swim

3:45 to 5:45
Swim Only

7 to 9 AM
Land & Swim

Sprint

4 to 5:30 PM
Land & Swim

5:30 to 6:45 PM
Swim Only

4 to 5 PM
Land Only

5:30 to 6:45 PM
Swim Only

5:30 to 6:45 PM
Swim Only

7 to 9 AM

Streamline

4 to 5 PM
Land & Swim

4:15 to 5 PM
Swim Only

4 to 4:45 PM
LAND ONLY

4:15 to 5 PM
Swim Only

4:15 to 5 PM
Swim Only

Strength & Conditioning

6 to 7 AM

6 to 7 AM

5:30 to 6:15 AM
S&S Cycle

6 to 7 AM

6 to 7 AM

5:30 to 6:15 AM
S&S Cycle

12 to 1 PM

12 to 1 PM

12 to 1 PM

6 to 7 AM

12 to 1 PM

12 to 1 PM