

# JUNE 29<sup>TH</sup> - JULY 5<sup>TH</sup>

Monday Tuesday Wednesday Thursday Friday Saturday

## Masters

5:30 to 7 AM  
Swim Only

5:30 to 7 AM  
Swim Only

5:30 to 7 AM  
Cycle & Swim

5:30 to 7 AM  
Swim Only

5:30 to 7 AM  
Cycle & Swim

AM



PM

7:30 to  
9:45 AM  
@ RCC

7:30 to  
9:45 AM  
@ RCC

7:30 to  
9:45 AM  
@ RCC

OFF

OFF

3:45 to 6:45  
Land & Swim

3:45 to 6:15 PM  
Swim Only

3:45 to 6:45  
Land & Swim

3:45 to 6:45  
Land & Swim

## Sprint

8 to 9:30 AM  
@ RCC

8 to 9:30 AM  
@ RCC

8 to 9:30 AM  
@ RCC

5:30 to 6:45 PM  
Swim Only

OFF

OFF

5:30 to 6:45 PM  
@ 24e

4 to 6:15 PM  
Land & Swim

## Streamline

4 to 5 PM  
@ RCC

8:30 to 10 AM  
@ RCC

4 to 5 PM  
SWIM ONLY

8:30 to 10 AM  
@ RCC

OFF

## 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

6 to 7 AM

6:45 to 7:15 PM  
H2O Bootcamp