

OCT 13TH - OCT 18TH

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
Swim Only

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Swim Only

AM



PM

3:45 to 6:45
Land & Swim

3:45 to 6:15 PM
Land & Swim

3:45 to 6:45
Land & Swim

3:45 to 6:45
Land & Swim

3:45 to 6:15
Land & Swim

HSA Swim Meet
@ Huntsville AL

Sprint

4 to 6:30 PM
Land & Swim

4 to 6:15 PM
Land & Swim

4 to 6:30 PM
Land & Swim

4 to 6:30 PM
Land & Swim

4 to 6:15 PM
Land & Swim

HSA Swim Meet
@ Huntsville AL

Streamline

4 to 5 PM
Swim Only

4 to 5 PM
Land Only

4 to 5 PM
SWIM ONLY

4:15 to 5 PM
Land Only

4 to 5 PM
Swim Only

HSA Swim Meet
@ Huntsville AL

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