

# OCT 20<sup>TH</sup> - OCT 25<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  
Swim Only

5:30 to 7 AM  
Swim Only

5:30 to 7 AM  
Swim Only

AM

5:30 to 7 AM  
Swim Only



**OFF**

PM

**OFF**

3:45 to 6:15 PM  
Land & Swim

3:45 to 6:45  
Land & Swim

3:45 to 6:45  
Land & Swim

**OFF**

**Sprint**

**OFF**

4 to 6:15 PM  
Land & Swim

4 to 6:30 PM  
Land & Swim

4 to 6:30 PM  
Land & Swim

**OFF**

**OFF**

**Streamline**

**OFF**

4 to 5:30 PM  
Land & Swim

4 to 5:30 PM  
SWIM ONLY

4 to 5:30 PM  
Land & Swim

**OFF**

**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