

SEPT 15TH - SEPT 20TH

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

3:45 to 6:45
Land & Swim

HS Meet
@ Wald Park

3:45 to 6:45
Land & Swim

3:45 to 6:45
Land & Swim

3:45 to 6:15
Land & Swim

OST Meet
@ Opelika
Aquatic Center

BSL Meet
@ Crossplex

Sprint

5:30 to 6:45PM
Swim Only

HS Meet
@ Wald Park

4 to 6:30 PM
Land & Swim

4 to 6:30 PM
Land & Swim

4 to 6:15 PM
Land & Swim

OST Meet
@ Opelika
Aquatic Center

BSL Meet
@ Crossplex

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

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