

GREAT WHITE SHARKS SQUAD

TIMETABLE

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Athletic Movement 5:00am - 5:30am	Gym 5:00am - 5:50am	Warm-up 5:00am - 5:15am		Warm-up 5:00am - 5:15am	Warm-up 5:30am - 5:45am
Swim 5:30am - 7:00am	Swim 5:50am - 7:00am	Swim 5:15am - 7:00am		Swim 5:15am - 7:00am	Swim 5:45am - 7:45am
					Spin 8:00am - 8:45am

EVENING

Athletic Movement 3:45pm - 4:15pm			Spin 3:45pm - 4:30pm	Warm-up 3:45pm - 4:00pm	
Swim 4:15pm - 6:30pm			Classroom Session 4:30pm - 5:00pm	Swim 4:00pm - 5:45pm	
			Swim 5:00pm - 7:00pm	Gym 6:00pm - 7:00pm	