	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30								5:30
6 am			6:00					6 am
6:30			Tri Club Swim 3/19 - 8/20					6:30
7 am								7 am
7:30								7:30
8 am								8 am
8:30								8:30
9 am								9 am
9:30								9:30
10 am			10:00				10:00	10 am
10:30			Aqua: Movement				– Aqua: TBT	10:30
11 am					11:00			11 am
11:30					— Aqua: — Movement			11:30
12 pm					LAP SWIM	1.40.614414	1.45.614414	12 pm
12:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		LAP SWIM	LAP SWIM	12:30
1 pm								1 pm
1:30								1:30
2 pm								2 pm
2:30								2:30
3 pm								3 pm
3:30								3:30
4 pm	_							4 pm
4:30								4:30
5 pm	_							5 pm
5:30				5:30	_			5:30
6 pm				Aqua: Movement		LAP SWIM	LAP SWIM	6 pm
6:30						ends 6:45 pm	ends 6:45 pm	6:30
7 pm					LAP SWIM			7 pm
7:30					ends 7:45 pm			7:30
8 pm	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM				8 pm
8:30	ends 8:45 pm	ends 8:45 pm	ends 8:45 pm	ends 8:45 pm				8:30
9 pm								9 pm
9:30								9:30
10 pm								10 pm
10:30								10:30
11 pm								11 pm