

# Elite Blue Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<i>Swim</i> 5:00am - 7:00am (Revesby)	<i>Swim</i> 5:00am - 7:00am (Revesby)	<i>Swim - OW Session</i> 5:00am - 7:00am (Revesby)		<i>Swim</i> 5:00am - 7:00am (Revesby)	<i>Swim</i> 6:00am - 8:00am (Roselands)
PM	<i>Boxing &amp; Swim</i> 5:00pm - 7:30pm (Roselands)	<i>Swim</i> 5:00pm - 7:00pm (Roselands)	<i>Running &amp; Swim</i> 5:00pm - 7:30pm (Roselands)	<i>Swim</i> 5:30pm - 7:30pm (Roselands)	<i>Swim</i> 5:30pm - 7:00pm (Revesby)	

\* Summer 2019/2020 Timetable | Commences Monday 30<sup>th</sup> September 2019 \*



# Elite White Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<i>Swim</i> 5:00am - 7:00am (Roselands)		<i>Swim</i> 5:30am - 7:00am (Roselands)	<i>Swim</i> 5:00am - 7:00am (Revesby)	<i>Swim</i> 5:00am - 7:00am (Roselands)	<i>Swim</i> 6:00am - 8:00am (Roselands)
PM		<i>Swim</i> 5:00pm - 7:00pm (Roselands)	<i>Running &amp; Swim</i> 5:00pm - 7:30pm (Roselands)	<i>Swim</i> 5:30pm - 7:30pm (Roselands)	<i>Swim</i> 4:00pm - 5:30pm (Revesby)	

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# ETS Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<i>Swim</i> 5:00am - 7:00am (Roselands)		<i>Swim</i> 5:30am - 7:00am (Roselands)	<i>Swim</i> 5:00am - 7:00am (Revesby)		<i>Swim</i> 8:00am - 9:00am (Roselands)
PM	<i>Swim</i> 4:00pm - 5:30pm (Revesby)	<i>Swim</i> 5:30pm - 7:00pm (Revesby)	<i>Swim</i> 4:00pm - 5:15pm (Revesby)	<i>Swim</i> 4:00pm - 5:30pm (Roselands)		

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# Transition Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<i>Swim</i> 5:00am - 7:00am (Roselands)					<i>Swim</i> 6:00am - 7:15am (Revesby)
PM	<i>Swim</i> 4:00pm - 5:00pm (Roselands)	<i>Swim</i> 4:00pm - 5:30pm (Revesby)	<i>Swim</i> 4:00pm - 5:00pm (Roselands)	<i>Swim</i> 4:00pm - 5:15pm (Revesby)	<i>Swim</i> 4:00pm - 5:00pm (Revesby)	

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# Development Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						Swim 8:00am - 9:00am (Roselands)
PM - Roselands	Swim 4:00pm - 4:45pm 4:45pm - 5:30pm	Swim 4:00pm - 5:00pm	Swim 4:30pm - 5:30pm		Swim 4:00pm - 5:00pm	
PM - Revesby	Swim 4:00pm - 4:45pm 4:45pm - 5:30pm	Swim 5:30pm - 6:30pm	Swim 4:00pm - 4:45pm 4:45pm - 5:30pm	Swim 4:00pm - 4:45pm 4:45pm - 5:30pm		

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# Competitive Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim 5:00am - 7:00am (Roselands)		Swim 5:00am - 6:30am (Revesby)			Swim 6:00am - 7:15am (Revesby) 8:00am - 9:00am (R'lands)
PM - Roselands	Swim 4:00pm - 5:30pm	Swim 4:00pm - 5:30pm		Swim 4:00pm - 5:30pm	Swim 5:00pm - 6:30pm	
PM - Revesby	Swim 5:30pm - 7:00pm	Swim 4:00pm - 5:30pm	Swim 5:30pm - 7:00pm	Swim 5:30pm - 7:00pm		

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# Fitness Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim 5:00am - 7:00am (Roselands)		Swim 5:00am - 6:30am (Revesby)			Swim 6:00am - 7:15am (Revesby) 8:00am - 9:00am (R'lands)
PM - Roselands	Swim 4:00pm - 5:30pm	Swim 4:00pm - 5:30pm		Swim 4:00pm - 5:30pm	Swim 5:00pm - 6:30pm	
PM - Revesby	Swim 5:30pm - 7:00pm	Swim 4:00pm - 5:30pm	Swim 5:30pm - 7:00pm	Swim 5:30pm - 7:00pm		

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# H.E Gym & Skills Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM				<i>Harlee Elite Gym</i> 5:30am - 6:30am (Revesby)		<i>Skills</i> 7:15am - 8:00am (Revesby)
PM	<i>Harlee Elite Gym</i> 5:30pm - 6:45pm (Revesby)				<i>Harlee Elite Gym</i> 5:30pm - 6:30pm (Revesby)	

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