

# ETS Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			Swim 5:00am - 6:30am	Swim 5:00am - 6:30am	Swim 5:00am - 6:30am	Swim 6:00am - 8:00am  Gym JNR 7:30am - 8:30am SNR 8:00am - 9:00am
PM	Swim 5:00pm - 7:00pm	Swim 5:00pm - 7:00pm		Swim 4:15pm - 5:30pm 5:00pm - 7:00pm		

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



# Transition Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						<i>Swim</i> 6:00am - 7:30am  <i>Gym</i> JNR 7:30am - 8:30am SNR 8:00am - 9:00am
PM		<i>Swim</i> 5:30pm - 6:45pm	<i>Swim</i> 5:30pm - 6:45pm	<i>Swim</i> 5:30pm - 6:45pm		

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

