



SQUAD TIMETABLE

April Adjusted 2025

**Tuesday
8th**

**Wednesday
9th**

**Thursday
10th**

**Friday
11th**

**Saturday
12th**

**Monday
14th**

**Tuesday
15th**

Development Squad

AM	5:30-7am	5:30-7am	5:30-7am	5:30-7am	8:30-9:30am	5:30-7am	5:30-7am
PM	No PM sessions in this period.						

Competitive Squad

AM	5:30-7am	5:30-7am	5:30-7am	5:30-7am	Gym 6.30-7.15am Swim 7.30-8.30am	5:30-7am	5:30-7am
PM		Spin Class 4-5pm				Spin Class 4-5pm	

Junior Performance

AM	5:30-7am	5:30-7am	5:30-7am	5:30-7am	Gym 6.30-7.15am Swim 7.30-9am	5:30-7am	5:30-7am
PM		Spin Class 4-5pm	HIIT Class 4-5pm			Spin Class 4-5pm	

Senior Performance

AM	5:30-7am	5:30-7am	5:30-7am	5:30-7am	Gym 6.30-7.15am Swim 7.30-9.30am	5:30-7am	5:30-7am
PM		Spin Class 4-5pm	HIIT Class 4-5pm			Spin Class 4-5pm	