



SQUAD TIMETABLE

As of 1 January 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Development

AM	7.30-8.30am	7.30-8.30am	7.30-8.30am	7.30-8.30am	7.30-8.30am
PM	4-5pm	4-5pm	4-5pm	4-5pm	4-5pm
PM		5-6pm			5-6pm

Competitive

AM	5.30-7.30am	5.30-7.30am	Swim 5.30-7.30am Gym 7.45-8.30am	5.30-7.30am	Run 5.30-6am Swim 6.15-8am
PM	4-5.15pm	4-6pm		5-6.30pm	4-6pm

Jnr Performance

AM	Swim 5.30-7.30am Gym 7.45-8.30am	5.30-7.30am	Swim 5.30-7.30am Gym 7.45-8.30am	5.30-7.30am	Run 5.30-6am Swim 6.15-8am
PM	Club Warmup 5.15-5.40pm	4-6pm	4-6pm	4-6pm	

Snr Performance

AM	Swim 5.30-7.30am Gym 7.45-8.30am	5.30-8am	Swim 5.30-7.30am Gym 7.45-8.30am	5.30-8am	Run 5.30-6am Swim 6.15-8am
PM	Club Warmup 5.15-5.40pm		5-7pm	5-7pm	5-7pm