

ELITE SQUAD

SESSION	AM	COACHES	PM	COACHES	DRYLAND
Monday	5:30 to 7:45 (Poolside @ 5:10)	Marc & George	3:55 to 5:55 (Poolside @ 3:40)	Marc & George	6:00 to 7:00pm Gym
Tuesday	5:30 to 7:45 (Poolside @ 5:10)	George & Dave	3:55 to 5:55 (Poolside @ 3:40)	Marc & George	6:00 to 7:00pm Gym
Wednesday	5:30 to 7:45 (Poolside @ 5:10)	Marc & George	NO TRAINING		
Thursday	5:30 to 7:45 (Poolside @ 5:10)	Marc & George	5:00 to 7:00 (Poolside @ 4:40)	Marc & George	4:00 to 4:55pm Gym
Friday	5:30 to 7:45 (Poolside @ 5:10)	Marc	3:55 to 5:55 (Poolside @ 3:40)	Marc & George	6:00 to 7:00pm Gym
Saturday	5:00 to 7:00 (Poolside @ 4:50)	Marc & George	NO TRAINING		7:15 to 8:15am Gym