AM

Sunday

Squad

- S1
- S4
- S5
- PB
- S8,12
- S9,6
- S6,7
- S9,6
- S6,6
- Para
- Hydro

Monday

Tuesday

Tayyab

- S4
- S5
- S6
- Hydro(+)

5.45-7.30

Tayyab

- Uni
- Uni
- Uni
- S7

7.30-9.00

Wednesday

Thursday

Tayyab

- TT6
- TT5
- TT4
- Hydro(+)

5.45-7.30

Friday

Tayyab

- Para
- S4
- S5
- Hydro(+)

5.45-7.30

Tayyab

- Uni
- Uni
- Uni
- S7

7.30-9.00

Saturday

Barton

- S9,7
- S9,6

08.30-08.09

- S9,6
- S9,6
- S6,7
- S9,7

08.00-07.40

- TT6
- TT5

08.45-07.00 pre-pool

07.00-8.00

Daisy

Tayyab

- S4
- S5
- S6,7
- S9,7

08.00-08.05

Land Training at Beaufort

- S5

CV Room 7.45-8.45

Group C

Group D

Squat Court 8.45-9.30

Land Training (SL1)

Group A

Circuits 7.45-8.15

Group B

Circuits 8.15-9.00

PM

Sunday

Barton

- S10,12
- S9,11
- S3
- S1

16.00-16.35 pre-pool

16.30-18.15

- Uni
- Uni
- Uni
- S7

18.45-19.15

Barton

- S9,6
- S9,6
- S9,6

17.00-17.35 pre-pool

17.15-18.15

- S9,6
- S9,6

Post pool

18.15-18.30

- S9,7
- S6,7
- S6,7
- S5

18.00-18.35 pre-pool

18.15-19.15

- S9,7
- S9,7

Post pool

19.15-19.30

Tayyab

- PB
- PB
- Para
- Para

17.00-17.35 pre-pool

17.15-18.45

- S7
- S7
- S8
- S6

18.00-18.45 pre-pool

18.45-20.30

Land Training at Beaufort

- S3
- S6

Weights Room 17.15-18.00

Land Training on Tayyab

- S3
- S6

18.00-19.15

- Para/TT6

19.00-19.45

Monday

Tayyab

- S7
- S9,6

17.45-19.00

- S6
- S7
- S7
- S7

TT1,13 18.45-19.00 pre-pool

19.00-19.30

Land Training on Tayyab

- S3
- S6

17.45-18.45

Tuesday

Barton

- S7
- S7
- S9
- S6

16.45-18.00

- S9,4
- S9,4
- S9,6
- S9,6

17.45-18.00 pre-pool

18.00-19.00

- S4
- S6
- S10,12
- S10,12

18.45-19.00 pre-pool

19.00-20.00

Tayyab

- PB
- PB
- Para
- Para

18.00-19.15

- PB
- Para

Post pool

19.15-19.30

- S9,7
- S9,7
- S9,7
- S5

19.00-19.35 pre-pool

19.15-20.15

Land Training at Beaufort

- S3
- S6

Weights Room 17.30-18.15

- S7
- S6

Weights Room 18.30-19.30

Wednesday

Tayyab

- Uni
- Uni
- Uni
- Uni

16.00-15.00

- S9,4
- S9,4
- S9,6
- S9,6

17.30-18.00

- S9,7
- S9,7
- S10,9
- S10,9

18.15-18.30 pre-pool

18.30-20.00

Land Training on Tayyab

- S9,7

17.30-18.15

Thursday

Barton

- S7
- S7
- S6
- Para

17.15-17.45 pre-pool

Pilate 17.30-19.00

Para 17.30-18.00

- S9
- S6

Post Pool

19.30-20.00

Land Training at Beaufort

- S3
- S7,12

Weights Room 17.30-18.30

Friday

Barton

- S3
- S3
- S9,12
- S9,7

16.45-17.00 pre-pool

17.00-18.00

- S3
- S9,7

Post pool

19.30-18.15

Tayyab

- S7
- S7
- S6
- S6

17.45-18.00 pre-pool

18.00-20.00

Sport Therapy

Daisy Available 19.15-20.00

Individual swimmers to book with Daisy

Saturday