

Week 1 4/16/2018 Notes	Mon 16/04	Tue 17/04	Wed 18/04	Thu 19/04	Fri 20/04	Sat 21/04	Sun 22/04
	Week 1 Age Nationals Starts Saturday Bring your ABB spirit to SOPAC and cheer for TeamABB						
	6:00-800am Black 6:30-8:00am White	8:30-10:30am Gold Knox	6:00-800am Black 6:30-8:00am White	8:30-10:30am Gold Knox	7:00-9:00am Gold 6:00-800am Black 6:30-8:00am White	No Training Age Nationals	
	3:00-5:00pm Swim Gold 5:00-6:00pm Gym Gold	3:00-4:00pm Dryland 4:00-6:00pm Black and White	2:30-4:00pm Gym Gold 4:00-5:30pm Swim Gold	Black and White Activity Details to come :)			
Week 2 4/23/2018 Notes	Mon 23/04	Tue 24/04	Wed 25/04	Thu 26/04	Fri 27/04	Sat 28/04	Sun 29/04
	Week 2 Age Nationals 21st-26th @ SOPAC Bring your ABB spirit to SOPAC and cheer for TeamABB						
	Gold and Black 6-8am White Squad 6:30-8am Gold Gym 8:30-:9:30am	Gold and Black 6-8am White Squad 6:30-8am Black and White dryland 8:30-9:30am	NZAC DAY No training	Gold and Black 6-8am White Squad 6:30-8am	Gold and Black 6-8am White Squad 6:30-8am		

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.