

Week 1 4/15/2019 Notes	Mon 15/04 Tue 16/04 Wed 17/04 Thu 18/04 Fri 19/04 Sat 20/04 Sun 21/04						
	Week 1 Age Nationals						
	6:15-8:00am Black 6:15-8:00am White		6:15-8:00am Black 6:15-8:00am White	6:15-8:00am Gold	Good Friday	Easter Saturday Happy Easter	Easter Sunday
		Black and White 3:00-4:00pm Dryland 4:00-6:00pm Swim Gold 2:45-4:00pm Swim 4:00-5:00pm Gym	2:30-4:00pm Gym Gold 4:00-5:30pm Swim Gold	3:00-4:00pm Dryland 4:00-6:00pm Black and White			
Week 2 4/22/2019 Notes	Mon 22/04 Tue 23/04 Wed 24/04 Thu 25/04 Fri 26/04 Sat 27/04 Sun 28/04						
	Week 2						
	Easter Monday	6:15-8:00am Gold	Black and White 6:15-8:00am	ANZAC DAY	6:15-8:00am White 6:15-8:30am Gold + Black		
	Black and White 3:00-4:00pm Dryland 4:00-6:00pm Swim Gold 2:45-4:00pm Swim 4:00-5:00pm Gym	2:30-4:00pm Gym Gold 4:00-6:00pm Swim Gold					

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.