

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Elite						
13.5 Hours Pool	3:30-5:00 Pm Pool	6:00-7:30 Am Pool	6:00-7:30 Am Pool	3:30-5:30 Pm Pool	6:00-7:30 Am Pool	7:00-9:00 Am Pool
2 Hours Dryland		5:30-6:30 Pm Dryland	3:30-5:30 Pm Pool		3:30-5:00 Pm Pool	9:00-10:00 Am Dryland
Junior Performance						
12 Hours Pool	3:30-5:00 Pm Pool	3:30-5:30 Pm Pool	6:00-7:30 Am Pool	3:30-5:30 Pm Pool	6:00-7:30 Am Pool	7:00-9:00 Am Pool
2 Hours Dryland			5:30-6:30 Pm Dryland		3:30-5:00 Pm Pool	9:00-10:00 Am Dryland
AG Race						
8.5 Hours Pool		6:00-7:30 Am Pool	4:00-5:30 Pm Pool	6:00-7:30 Am	4:00-6:00 Pm Pool	7:00-9:00 Am Pool
2 Hours Dryland	5:00-6:00 Pm Dryland			5:30-6:30 Pm dryland		
AG Train						
7 Hours Pool		4:00-5:00 Pm Pool	4:00-5:30 Pm Pool	6:00-7:30 Am Pool	5:00-6:00 Pm Pool	4:00-6:00 pm Pool
2 Hours Dryland		5:00-6:00 Pm Dryland		5:30-6:30 Pm Dryland		
AG Devo						
4.5 Hours Pool					4:30-5:30 Pm Dryland - deck	4:00-6:00 pm Pool
1 Hour Dryland	5:00-6:00 Pm Pool			4:30-6:00 Pm Pool		
Precompetitive						
3 Hours Pool	5:00-6:00 Pm Pool			5:00-6:00 Pm Pool	-	9:00-10:00 Am Pool