

SQUAD TIMETABLE

Sharks Squad

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM					8:15-9:00
PM	4:00-4:45	5:00-5:45	4:00-4:45	5:00-5:45	
	4:45-5:30	5:45-6:30	4:45-5:30	5:45-6:30	

Junior Squad (Fitness)

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM					9:00-10:00
PM	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	

Junior Squad (Competitive)

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-6:45		5:30-6:45		8:45-10:00
PM	5:00-6:15	4:00-5:15	4:00-5:15	4:00-5:15	

Senior Squad (Fitness)

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:00		5:30-7:00	7:00-8:30
PM	5:30-7:00		5:00-6:30	5:00-6:30	

Senior Squad (Competitive)

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	7:00-9:00
PM	5:00-7:00	5:15-7:15	5:15-7:15		