



Hour	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	DORIAN	THEO	DORIAN	THEO	DORIAN	THEO	DORIAN	THEO	DORIAN	THEO	DORIAN	THEO	
	MORNING		MORNING		MORNING		MORNING		MORNING		MORNING		
5.30 - 5.45	Gold	Senior Fitness	Bronze	Gold	Senior Fitness	Silver		Silver	Gold	Bronze			
5.45 - 6.00													
6.00 - 6.15													
6.15 - 6.30													
6.30 - 6.45													
6.45 - 7.00													
7.00 - 7.15											Gold	Senior Fitness	Silver
7.15 - 7.30													
7.30 - 7.45													
7.45 - 8.00													
8.00 - 8.15													
8.15 - 8.30													
8.30 - 8.45													
8.45 - 9.00													
	AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING		AFTERNOON/ EVENING TRAINING **		AFTERNOON/ EVENING TRAINING				
16.00 - 16.15	Marlins	Minnows/ Junior Fitness	Minnows/ Junior Fitness	Marlins	Marlins	Minnows/ Junior Fitness	Marlins	Minnows/ Junior Fitness	Gold	Senior Fitness	Silver		
16.15 - 16.30													
16.30 - 16.45													
16.45 - 17.00													
17.00 - 17.15	Gold	Senior Fitness	Silver	Gold	Senior Fitness	Bronze	Bronze	Silver	Gold	Senior Fitness	Bronze	Marlins	
17.15 - 17.30													
17.30 - 17.45													
17.45 - 18.00													
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