

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM	MASTERS 6-8AM		MASTERS 6-8AM	ROWERS 6-8AM	BOARD AND SKI 6-8AM			
7AM								
8AM						ROWERS 8AM-10AM		
9AM								
10AM								
11AM								
12PM								
1PM								
2PM								
3PM							ROWERS 3-5PM	
4PM	BOARD AND SKI 4-7PM	ROWERS 4-7PM	ROWERS 4-7PM	BEACH SPORTS 4-7PM GYM & OVAL				
5PM								
6PM								