



AUSTIN AQUATICS & SPORTS ACADEMY

Group Class Calendar - APRIL 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	6:30a-7:30a Masters Swim	
	5:45a-7:00a Tri-Swim	5:45a-7:00a Bike Workout	5:45a-7:00a Run Workout	5:45a-7:00a Bike Workout	5:45a-7:00a Tri-Swim		
MORNINGS	5:45a-6:45a Group Strength	5:45a-6:45a Group Strength		5:45a-6:45a Group Strength	5:45a-6:45a Group Strength		
		7:00a-8:00a Women Strength		7:00a-8:00a Women Strength			
		7:15a-7:45a Tri-Strength	7:15a-8:30a Run Workout	7:15a-7:45a Tri-Strength			
		7:15a-8:30a Bike Workout		7:15a-8:30a Bike Workout		8:00a-12:00p Group Bike	8:00a-10:00a Group Run Townlake from Deep Eddy
	8:00a-9:00a Group Strength	8:00a-9:00a Group Strength		8:00a-9:00a Group Strength	8:00a-9:00a Group Strength	8:00a-9:00a Group Strength	
MIDDAYS	11:00a-11:45am Freestyle FUN (4/2-4/20)	9:00a-10:15a Bike Workout	11:00a-11:45am Freestyle FUN (4/2-4/20)	9:00a-10:15a Bike Workout	11:00a-11:45am Freestyle FUN (4/2-4/20)		
	12:00p-1:00p Group Strength	11:30a-12:00p Academy HIIT	12:00p-1:00p Group Strength	11:30a-12:00p Academy HIIT	12:00p-1:00p Group Strength		
	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim		
		Home School Fit & Parent 2:00p-3:00p	5:30p-6:45p Tri-Track (Clint Small MS)	Home School Fit & Parent 2:00p-3:00p			
EVENINGS	4:30p-5:30p Junior Tri -AASA	4:30p-5:30p Junior Tri- Veloway	5:30p-6:30p Group Strength	4:30p-6:00p Junior Tri-AASA	5:30p-6:30p Group Strength		
		6:00p-7:15p Bike Workout	7:15p-8:30p Tri-Swim	6:00p-7:15p Bike Workout			