



AUSTIN AQUATICS & SPORTS ACADEMY

*No Classes Scheduled Memorial Day, Monday May 28th

Group Class Calendar - MAY 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 | 6:00a-7:30a 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 Group Strength | 7:00a-8:00a Women Strength | | 7:00a-8:00a Women Strength | | | |
| | | 7:15a-7:45a Tri-Strength | | 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 | |
| | | 9:00a-10:15a Bike Workout | | 9:00a-10:15a Bike Workout | | | |
| MIDDAYS | 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 | | |
| | | | 5:30p-6:45p Tri-Track (Clint Small MS) | | | | |
| 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 | | | |