



	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
	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	10:30-11:30am Junior Tri Swim	10:30-11:30am Jr Tri @ Veloway		10:30-12:00pm Jr Tri @ AASA			
	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		
EVENINGS			5:30-6:30pm Summer Tri Strength		5:30p-6:30p Group & Summer Tri Strength		
	6:45-7:30pm Summer Tri Swim	6:00p-7:15p Bike Workout	5:30p-6:45p Tri-Track (Clint Small MS)	6:00p-7:15p Bike Workout	6:45-7:30pm Summer Tri Swim		
			6:45-7:30pm Summer Tri Swim				
			7:00p-8:15p Tri Swim				