



	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 Tri-Track (Clint Small MS)	5:45a-7:00a Bike Workout	5:45a-7:00a Tri-Swim		
MORNINGS	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength		
	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength		
	8:00a-9:00a Group Strength	7:15a-8:30a Bike Workout	8:00a-9:00a Group Strength	7:15a-8:30a Bike Workout	8:00a-9:00a Group Strength	7:00a-11:00a Group Bike	7:00a-11:00a Group Run Town lake
		9:00a-10:15a Bike Workout		9:00a-10:15a Bike Workout		8:00-9:00a Group Strength	
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	12:00p-1:00p Group Strength	12:00p-1:00p Group Strength	12:00p-1:00p Group Strength	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		5:30p-6:30p Group Strength	5:30p-6:45p Tri-Track (Clint Small MS)	5:30p-6:30p Group Strength			
		6:00p-7:15p Bike Workout	7:00p-8:15p Tri Swim	6:00p-7:15p Bike Workout			



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