Aquamoves

Schedule 29.06 - 5.07

MON 29.06	TUE 30.06	WED 1.07	THU 2.07	FRI 3.07	SAT 4.07	SUN 5.07
6:00 AM 60m Lap Swimming	6:00 AM 60m Lap Swimming	6:00 AM 60m Lap Swimming	6:00 AM 60m Lap Swimming	6:00 AM 60m Lap Swimming	9:00 AM 60m Lap Swimming	
6:00 AM 60m Hydrotherapy	6:00 AM 60m Hydrotherapy	6:00 AM 60m Hydrotherapy	6:00 AM 60m Hydrotherapy	6:00 AM 60m Hydrotherapy	9:00 AM 60m Hydrotherapy	
7:15 AM 60m Hydrotherapy	7:15 AM 60m Lap Swimming	7:15 AM 60m Hydrotherapy	7:15 AM 60m Lap Swimming	7:15 AM 60m Lap Swimming	10:30 60m AM Hydrotherapy	
7:15 AM 60m Lap Swimming	7:15 AM 60m Hydrotherapy	7:15 AM 60m Lap Swimming	7:15 AM 60m Hydrotherapy	7:15 AM 60m Hydrotherapy	10:30 60m AM Lap Swimming	
8:30 AM 60m Hydrotherapy	8:30 AM 60m Hydrotherapy	8:30 AM 60m Hydrotherapy	8:30 AM 60m Hydrotherapy	8:30 AM 60m Hydrotherapy		
8:30 AM 60m Lap Swimming	8:30 AM 60m Lap Swimming	8:30 AM 60m Lap Swimming	8:30 AM 60m Lap Swimming	8:30 AM 60m Lap Swimming		
12:30 60m PM Lap Swimming	12:30 60m PM Lap Swimming	12:30 60m PM Lap Swimming	12:30 60m PM Lap Swimming	12:30 60m PM Lap Swimming		
12:30 60m PM Hydrotherapy	12:30 60m PM Hydrotherapy	12:30 60m PM Hydrotherapy	12:30 60m PM Hydrotherapy	12:30 60m PM Hydrotherapy		

2:45 PM Hydrotherapy	60m								
2:45 PM Lap Swimming	60m								
5:30 PM Lap Swimming	60m								
5:30 PM Hydrotherapy	60m								
6:45 PM Hydrotherapy	60m								
6:45 PM Lap Swimming	60m			6:45 PM Lap Swimming	60m				