

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:00-7:45 - LAPS 7:45-8:30 -DWA 8:30-11:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-7:30 - Laps 7:30-8:15 - ASL 8:15- 8:45 - LAPS	2 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-7:45 - LAPS	3 8:00-9:00 - LAPS 9:00-10:00 - DWA 10:00-1:00 - SL 1:00-5:45 - LAPS
4 1:00-5:15 pm - LAPS	5 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-8:45 - LAPS	6 5:00-7:45 - LAPS 7:45-8:30 -DWA 8:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-7:30 - LAPS 7:30-8:15 - ASL 8:15- 8:45 - LAPS	7 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-5:15 - LAPS 5:15-6:15 - WA 6:15-8:45 - LAPS	8 5:00-7:45 - LAPS 7:45-8:30 -DWA 8:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-7:30 - LAPS 7:30-8:15 - ASL 8:15- 8:45 - LAPS	9 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-6:00 pm - Laps 7:15-7:45 - LAPS 6:00 - 7:00 - Boot Camp Water Workout with Deb 7:00-7:45pm -Laps	10 8:00-9:00 - LAPS 9:00-10:00 - DWA 10:00-1:00 - SL 1:00-5:45 - LAPS
11 1:00-5:15 pm - LAPS	12 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-8:45 - LAPS	13 5:00-7:45 - LAPS 7:45-8:30 -DWA 8:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-7:30 - LAPS 7:30-8:15 - ASL 8:15- 8:45 - LAPS	14 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-5:15 - LAPS 5:15-6:15 - WA 6:15-8:45 - LAPS	15 5:00-7:45 - LAPS 7:45-8:30 -DWA 8:30-11:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-7:30 - Laps 7:30-8:15 - ASL 8:15- 8:45 - LAPS	16 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-7:45 - LAPS	17 8:00-9:00 - LAPS 9:00-10:00 - DWA 10:00-1:00 - SL 1:00-5:45 - LAPS
18 1:00-5:15 pm - LAPS	19 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-8:45 - LAPS	20 5:00-7:45 - LAPS 7:45-8:30 -DWA 8:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-7:30 - LAPS 7:30-8:15 - ASL 8:15- 8:45 - LAPS	21 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-5:15 - LAPS 5:15-6:15 - WA 6:15-8:45 - LAPS	22 5:00-7:45 - LAPS 7:45-8:30 -DWA 8:30-11:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-7:30 - Laps 7:30-8:15 - ASL 8:15- 8:45 - LAPS	23 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-7:45 - LAPS	24 8:00-9:00 - LAPS 9:00-10:00 - DWA 10:00-1:00 - SL 1:00-5:45 - LAPS
25 1:00-5:15 pm - LAPS	26 5:00-7:45 - LAPS 7:45-8:30 - DWA 8:45-9:30 - SWA 9:30-3:30 - LAPS 3:30-4:15 - DWA 4:15-5:15 - LAPS 5:15-6:15 - WA 6:15-8:45 - LAPS					

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