

# MARCH 23<sup>RD</sup> - MARCH 28<sup>TH</sup>

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

## Masters

5:30 to 7 AM  
Swim Only

AM



8:30 to  
10 AM  
@ JCC

8 to  
9:30 AM  
@ JCC

8 to  
9:30 AM  
@ JCC

8 to 10 AM  
@ Crossplex

PM

3:45 to 6:45  
Land & Swim

3:45 to 6:15 PM  
Land & Swim

3:45 to 6:45  
Land & Swim

3:45 to 6:45  
Land & Swim

3:45 to 6:15  
Land & Swim

## Sprint

8:30 to 9:30 AM  
@ JCC

8 to 9 AM  
@ JCC

4 to 6:30 PM  
Land & Swim

8 to 9 AM  
@ JCC

4 to 6:15 PM  
Land & Swim

8 to 10 AM  
@ Crossplex

4 to 6:30 PM  
L&S @ 24e

4 to 6:15 PM  
L&S @ 24e

4 to 6:15 PM  
L&S @ 24e

## Streamline

4 to 5 PM  
Swim Only

4 to 5 PM  
Land Only

4 to 5 PM  
SWIM ONLY

4 to 5 PM  
Land Only

4 to 5 PM  
Swim Only

9 to 10 AM  
@ Crossplex

## Strength & Conditioning

6 to 7 AM

6 to 7 AM

5:30 to 6:15 AM  
S&S Cycle

6 to 7 AM

6 to 7 AM

5:30 to 6:15 AM  
S&S Cycle

6 to 7 AM

6:45 to 7:15 PM  
H2O Bootcamp