

Squad	Monday	Tuesday	Wednesday		Thursday		Friday	Saturday	Sunday	Total Weekly Hours
E	05.50 - 06.50	05.50 - 06.50	05.50 - 06.50	19.30 - 21.00	05.50 - 06.50	19.00 - 21.00		06.50 - 08.20	14.00 - 16.00	11 hours
A	05.50 - 06.50	05.50 - 06.50	05.50 - 06.50	19.30 - 21.00	05.50 - 06.50	19.00 - 21.00		06.50 - 08.20	15.00 - 16.00	10 hours
B	05.50 - 06.50	05.50 - 06.50		20.00 - 21.00	05.50 - 06.50	19.00 - 21.00		06.50 - 08.20	15.00 - 16.00	8.5 Hours
C	05.50 - 06.50	05.50 - 06.50	05.50 - 06.50	20.00 - 21.00		20.00 - 21.00		06.50 - 08.20	14.00 - 15.00	7.5 Hours
D	05.50 - 06.50	05.50 - 06.50		19.00 - 20.00		19.00 - 20.00		06.50 - 08.20	14.00 - 15.00	6.5 hours
Masters			05.50 - 06.50		05.50 - 06.50					2 Hours
LTS 5 & 6				19.00 - 19.30						30 Minutes
LTS 4 - Big Pool									14.30 - 15.00	30 Minutes
LTS 3 - Big Pool									14.00 - 14.30	30 Minutes
LTS 2 - Little Pool									14.00 - 14.30	30 Minutes
LTS 1 - Little Pool									14.30 - 15.00	30 Minutes