

# BLACK TIP SHARKS SQUAD

## TIMETABLE

### MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Athletic Movement 5:30am - 5:45am		Athletic Movement 5:30am - 5:45am		Athletic Movement 6:00am - 6:15am
	Swim 5:45am - 7:00am		Swim 5:45am - 7:00am		Swim 6:15am - 7:30am

### EVENING

Athletic Movement 5:00pm - 5:15pm		Athletic Movement 5:00pm - 5:15pm		Athletic Movement 4:45pm - 5:00pm	
Swim 5:15pm - 6:30pm		Swim 5:15pm - 6:30pm		Swim 5:00pm - 6:15pm	