

HAMMERHEAD SHARKS SQUAD

TIMETABLE

MORNING

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

EVENING

Classroom Session 4:00pm - 4:30pm	Activation 4:00pm - 4:15pm		Activation 4:00pm - 4:15pm		
Swim 4:30pm - 6:00pm	Swim 4:15pm - 5:45pm		Combined Swim 4:15pm - 5:45pm		