

Week 1 7/2/2018 Notes	Mon 02/07	Tue 03/07	Wed 04/07	Thu 05/07	Fri 06/07	Sat 07/07	Sun 08/07
	Black and White Squad - on break						
Week 2 7/9/2018 Notes	Mon 09/07	Tue 10/07	Wed 11/07	Thu 12/07	Fri 13/07	Sat 14/07	Sun 15/07
	Black and White Squad at Knox						
	9:00-11:00am Swim 2:00-4:00pm Swim	2:00-4:00pm Swim 4:30-5:30pm Dryland	9:00-11:00am Swim Black and White Squads Team Activity 11:00-3:00pm approx details will be released shortly	2:00-4:00pm Swim 4:30-5:30pm Dryland	9:00-11:00am Swim		
Week 3 7/16/2018 Notes	Mon 16/07	Tue 17/07	Wed 18/07	Thu 19/07	Fri 20/07	Sat 21/07	Sun 22/07
	Black and White Squad at Knox						
	9:00-11:00am Swim 2:00-4:00pm Swim	2:00-4:00pm Swim 4:30-5:30pm Dryland	9:00-11:00am Swim	2:00-4:00pm Swim 4:30-5:30pm Dryland	9:00-11:00am Metro	Metro	Metro

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.