

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
G1		Paddling 6:00am – 7:10am Weights 4:00pm – 6:00pm	Paddling & Running 4:00pm – 6:00pm	Paddling 6:00am – 7:10am Paddling 4:00pm – 5:10pm Core 5:10pm – 6:00pm	Paddling & Weights 4:00pm – 6:00pm	Paddling 9:30am – 11:00am Core 11:00am - Noon	Paddling or Running 10:00 am - Noon
G2		Weights 4:00pm – 6:00pm	Paddling 6:00 am – 7:10 am Paddling + Running 4:00pm - 6:00pm	Paddling 4 :00pm– 5:10pm Core 5:10pm – 6:00pm	Paddling 6:00 am – 7:10am Paddling & Weights 4:00pm – 6:00pm	Paddling 9:30am – 11:00am Core 11:00 -Noon	Paddling or Running 10:00 am - Noon
Development	Paddling & Weights 4:00pm - 6:00pm		Paddling + Running 4:00pm – 6:00pm		Paddling Weights 4:00pm – 6:00pm	Paddling 11:00am-Noon	