

# BULL SHARKS SQUAD

## TIMETABLE

### MORNING

| MONDAY                        | TUESDAY | WEDNESDAY                     | THURSDAY                | FRIDAY | SATURDAY                |
|-------------------------------|---------|-------------------------------|-------------------------|--------|-------------------------|
| Activation<br>5:00am - 5:15am |         | Activation<br>5:00am - 5:15am | Spin<br>5:00am - 5:40am |        | Gym<br>5:30am - 6:10am  |
| Swim<br>5:15am - 7:00am       |         | Swim<br>5:15am - 7:00am       | Swim<br>5:45am - 7:00am |        | Swim<br>6:15am - 7:45am |

### EVENING

|  |                              |                               |                               |                               |  |
|--|------------------------------|-------------------------------|-------------------------------|-------------------------------|--|
|  | Classroom<br>4:00pm - 4:30pm | Activation<br>4:00pm - 4:15pm | Activation<br>4:00pm - 4:15pm | Activation<br>4:00pm - 4:15pm |  |
|  | Swim<br>4:30pm - 6:00pm      | Swim<br>4:15pm - 6:00pm       | Swim<br>4:15pm - 6:00pm       | Swim<br>4:15pm - 6:00pm       |  |