

TIGER SHARKS SQUAD

TIMETABLE

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activation 5:00am - 5:15am	Activation 5:00am - 5:15am		Activation 5:00am - 5:15am		Core / Activation 5:30am - 6:00am
Swim 5:15am - 7:00am	Swim 5:15am - 7:00am		Swim 5:15am - 7:00am		Swim 6:00am - 7:30am

EVENING

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