

# CLUB SQUAD SESSIONS - TERM 4, 2024



SQUAD	Gold Squad	Blue Squad	Green Squad	Red Squad	Black (Open Surf) Squad	Para Squad	Fitness Squad
MONDAY	5 - 7am MARION OUTDOOR POOL 4 - 6pm GYM 6:15 - 7:30pm	5 - 7am MARION OUTDOOR POOL 4 - 6pm GYM 6:15 - 7:30pm	GYM 5 - 6pm Pool 6:15 - 7:45pm	7 - 8am 4 - 5:30pm HIIT 5:30 - 6pm		5 - 6:15pm	7 - 8:30am
TUESDAY	5 - 7am	5 - 7am	5 - 7pm	4 - 5:15pm	5 - 7am	3:45 - 4:30pm	
WEDNESDAY	Pool 4 - 6:15pm GYM 6:30 - 7:45pm	Pool 4 - 6:15pm GYM 6:30 - 7:45pm	5 - 7am 6:15 - 7:45pm	6:30 - 8am	5 - 7am	3:45 - 4:30pm	7 - 8:30am
THURSDAY	MARION OUTDOOR POOL 5 - 7am 4 - 7pm (Swim - Yoga)	MARION OUTDOOR POOL 5 - 7am 4 - 7pm (Swim - Yoga)	5 - 7am 5 - 6:15pm	6 - 7pm	5 - 7am		
FRIDAY	5 - 7am	5 - 7am	5 - 7am 5:30 - 7pm	7 - 8am 4 - 5:30pm			7 - 8:30am
SATURDAY	Pool 5:30 - 8:15am GYM 8:30 - 9:45am	Pool 5:30 - 8:15am GYM 8:30 - 9:45am	MARION OUTDOOR POOL 6:30 - 8:30am			Dryland: 7:30 - 8am Pool: 8 - 9am	