

SOUTHPORT SLSC- CLUB TRAINING PROGRAMS 12th - 18th June 2017

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		SWIMMING <i>GC Aquatic Centre Pierce/ Shane/ Brad</i>		SWIMMING <i>GC Aquatic Centre Pierce/ Shane/ Brad</i>			
5:45am							
6:00am			LEGS <i>Club Pierce/ Shane</i>			STAIRS & BOXING <i>Miami Pierce/ Russall</i>	
6:15am		BOARD SESSION <i>Club</i>		BOARD SESSION <i>Club</i>			
6:30am	OCEAN SWIM <i>Club</i>		OCEAN SWIM <i>Club</i>		OCEAN SWIM <i>Club</i>		RUN <i>Club</i>
7:00am							
4:00pm	BOARD/SKI <i>Club Pierce/Russall</i>	SWIMMING (Junior) <i>GC Aquatic Club Bonita</i>	POOL RESCUE <i>GC Aquatic Centre Bonita</i>	SWIMMING (Junior) <i>GC Aquatic Club Bonita</i>	SKI/ BOARD RUNS <i>Club Pierce/Shane</i>		
		GYM <i>Club Pierce/Russall</i>					
4:15pm		RUN (Juniors) <i>Club Brad</i>					
5:00pm	RUNNING <i>Club Pierce/Russall</i>	SWIMMING (Senior) <i>GC Aquatic Club Bonita</i>		SWIMMING (Senior) <i>GC Aquatic Club Bonita</i>			
5:30pm				YOGA <i>Club (Nipper Building)</i>			
6:00pm			RUN <i>Club</i>		RUN <i>Club</i>		

■ SENIORS

■ GENERAL & MASTERS

■ ALL

■ JUNIORS

■ JUNIORS & SENIORS