

	Monday	Tuesday	Wednesday	Thursday	Friday
16:00 - 17:30	Coach Aasa Gold	Coach Heather Coach Aasa Silver1 Bronze	Circuit training Gold	Coach Fabio Silver2	Coach Heather Coach Aasa Gold Silver1 Silver2 Bronze
19:00 - 20:30	Coach Fabio Coach Claudia Silver1	Coach Kristin Coach Henning (Fabio 1 each 2 weeks) Gold Silver2		Coach Kristin Coach Melissa (Fabio 1 each 2 weeks) Gold Silver1	(LD clinic - - Coach Fabio And/or Swimming Clinic - - Coach Claudia) or Home meets setup