

TUESDAY

|      | Lane 1  | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|------|---------|--------|--------|--------|--------|--------|--------|--------|
| 0430 |         |        |        |        |        |        |        |        |
| 0500 |         |        |        | SQUAD  |        |        |        |        |
| 0530 |         |        |        |        |        |        |        |        |
| 0600 |         |        |        |        |        |        |        |        |
| 0630 |         |        |        |        |        |        |        |        |
| 0700 |         |        |        |        |        |        |        |        |
| 0730 |         |        |        |        |        |        |        |        |
| 0800 |         |        |        |        |        |        |        |        |
| 0830 |         |        |        |        |        |        |        |        |
| 0900 |         |        |        |        |        |        |        |        |
| 0930 |         |        |        |        |        |        |        |        |
| 1000 |         |        |        |        |        |        |        |        |
| 1030 |         |        |        |        |        |        |        |        |
| 1100 |         |        |        |        |        |        |        |        |
| 1130 |         |        |        |        |        |        |        |        |
| 1200 |         |        |        |        |        |        |        |        |
| 1230 |         |        |        |        |        |        |        |        |
| 1300 |         |        |        |        |        |        |        |        |
| 1330 |         |        |        |        |        |        |        |        |
| 1400 |         |        |        |        |        |        |        |        |
| 1430 |         |        |        |        |        |        |        |        |
| 1500 |         |        |        |        |        |        |        |        |
| 1530 | LESSONS |        | SQUAD  |        |        |        |        |        |
| 1600 |         |        |        |        |        |        |        |        |
| 1630 |         |        |        |        |        |        |        |        |
| 1700 |         |        |        |        |        |        |        |        |
| 1730 |         |        |        |        |        |        |        |        |
| 1800 |         |        |        |        |        |        |        |        |