

BSL SENIOR I & II GROUPS

Late Spring 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>April 15</i>	<i>April 16</i> 3:40 PM - 6:30 PM Workout	<i>April 17</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>April 18</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout	<i>April 19</i> 3:40 PM - 6:15 PM Workout	<i>April 20</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim HBT Meet at Xplex	<i>April 21</i> HBT Meet at Xplex
<i>April 22</i> HBT Meet at Xplex	<i>April 23</i> 3:40 PM - 6:30 PM Workout	<i>April 24</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>April 25</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout...Kick- Run-Swim-Run	<i>April 26</i> 3:40 PM - 6:15 PM Workout	<i>April 27</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>April 28</i> 6:45 AM - 9:30 AM Workout
<i>April 29</i>	<i>April 30</i> 3:40 PM - 6:30 PM Workout	<i>May 1</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>May 2</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout	<i>May 3</i> 3:40 PM - 6:15 PM Workout	<i>May 4</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim HSA Meet	<i>May 5</i> HSA Meet Workout - TBA
<i>May 6</i> 3:00 PM - 5:00 PM Awards Social at VCC	<i>May 7</i> 3:40 PM - 6:30 PM Workout	<i>May 8</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>May 9</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout...Kick- Run-Swim-Run	<i>May 10</i> 3:40 PM - 6:15 PM Workout	<i>May 11</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>May 12</i> 6:45 AM - 9:30 AM Workout
<i>May 13</i>	<i>May 14</i> 3:40 PM - 6:30 PM Workout	<i>May 15</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>May 16</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout	<i>May 17</i> 3:40 PM - 6:15 PM Workout	<i>May 18</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>May 19</i> 6:45 AM - 9:30 AM Workout
<i>May 20</i>	<i>May 21</i> 5:30 PM - 7:30 PM Later Workout	<i>May 22</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 5:30 PM - 7:30 PM Later Workout	<i>May 23</i> 5:00 AM - 6:45 AM Workout (Sr II only) 5:30 PM - 7:30 PM Later Workout	<i>May 24</i> 5:30 PM - 7:30 PM Later Workout	<i>May 25</i> 5:00 AM - 6:45 AM Workout- lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>May 26</i> 6:00 AM - 8:45 AM Workout

March						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

"You shouldn't punish others for your own choices." -Unknown