

GOLD TIMETABLE



Sydney Uni
SPORT & FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<p><u>5:15-6am</u> Gym</p> <p><u>6-7am</u> Swim</p>	<p><u>5:15-5:30am</u> Prehab</p> <p><u>5:30-7:00am</u> Swim</p>	X	<p><u>5:15-5:30am</u> Prehab</p> <p><u>5:30-7:00am</u> Swim</p>	<p><u>5:15-6am</u> Gym</p> <p><u>6-7am</u> Swim</p>	<p><u>6-6:15am</u> Prehab</p> <p><u>6.15-8:15am</u> Swim</p>
PM	<p><u>4-4:15pm</u> Prehab</p> <p><u>4:15-6:15pm</u> Swim</p>	X	<p><u>4-4:15pm</u> Prehab</p> <p><u>4:15-6:15pm</u> Swim</p>	X	<p><u>4-4:15pm</u> Prehab</p> <p><u>4:15-6:15pm</u> Swim</p>	X