

SILVER TIMETABLE



Sydney Uni
SPORT & FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<p><u>5:15-5:30am</u> Prehab</p> <p><u>5:30-7:00am</u> Swim</p>	<p>X</p>	<p><u>5:30-6:00am</u> Dryland</p> <p><u>6:00-7:00am</u> Swim</p>	<p>X</p>	<p><u>5:45-6am</u> Prehab</p> <p><u>6-7am</u> Swim (Technique/skill Session)</p>	<p><u>6-6:15am</u> Prehab</p> <p><u>6.15-8:15am</u> Swim</p>
PM	<p>X</p>	<p><u>4-4:15pm</u> Prehab</p> <p><u>4:15-6:15pm</u> Swim</p>	<p>X</p>	<p><u>4-4:15pm</u> Prehab</p> <p><u>4:15-6:15pm</u> Swim</p>	<p><u>5-5:15pm</u> Prehab</p> <p><u>5:15-6:15pm</u> Swim (Technique/skill Session)</p>	<p>X</p>