

# SILVER TIMETABLE



**Sydney Uni**  
SPORT & FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	<p><b><u>5:15-5:30am</u></b> Prehab <b><u>5:30-7:00am</u></b> Swim</p>	X	<p><b><u>5:30-6:00am</u></b> Dryland <b><u>6:00-7:00am</u></b> Swim</p>	<p><b><u>(Silver plus only)</u></b> <b><u>5:15-5:30am</u></b> Prehab <b><u>5:30-7:00am</u></b> Swim</p>	<p><b><u>5:15-5:30am</u></b> Prehab <b><u>5:30-7:30am</u></b> Swim</p>	<p><b><u>6-6:15am</u></b> Prehab <b><u>6.15-8:15am</u></b> Swim <b><u>8:30-9am</u></b> Dryland</p>
PM	X	<p><b><u>4-4:15pm</u></b> Prehab <b><u>4:15-6:15pm</u></b> Swim</p>	X	<p><b><u>4-4:15pm</u></b> Prehab <b><u>4:15-6:15pm</u></b> Swim</p>	X	X