

December 2018

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		25	6-7h30	26	6-7h30	27	6-7h30	28	6-7h30	29	6-7h30	1	6-7h30	2	
						Pool Swimming <i>*invitation only</i>				Pool Swimming <i>*invitation only</i>					
			8-12h		8-12h		8-12h		8-12h		8-12h	Club	8-11h		
AM													Core/Prehab/Rehab Club Cardio		
PM		Club	16h30	Club	16h30		16h30	Club	16h30	Club	16h30		16h30		
1		Club Weights		Cardio				Cardio		Club Weights (Physio Screening)		Pool Swimming			
2															
		3	6-7h30	4	6-7h30	5	6-7h30	6	6-7h30	7	6-7h30	8	6-7h30	9	
			8-12h		8-12h		8-12h		8-12h		8-12h	Club	8-11h		
AM													Core/Prehab/Rehab Club Cardio		
PM		Club	16h30	Club	16h30		16h30	Club	16h30	Club	16h30		16h30		
1		Club Weights		Cardio				Cardio		Club Weights (Physio Screening)		Pool Swimming			
2															
		10	6-7h30	11	6-7h30	12	6-7h30	13	6-7h30	14	6-7h30	15	6-7h30	16	
			8-12h		8-12h		8-12h		8-12h		8-12h	Club	8-11h		
AM													Core/Prehab/Rehab Club Cardio		
PM		Club	16h30	Club	16h30		16h30	Club	16h30	Club	16h30		16h30		
1		Club Weights		Cardio				Cardio		Club Weights (Physio Screening)		Pool Swimming			
2															
		17	6-7h30	18	6-7h30	19	6-7h30	20	6-7h30	21	6-7h30	22	6-7h30	23	
			8-12h		8-12h		8-12h		8-12h		8-12h		8-11h		
AM													Core/Prehab/Rehab Club Cardio OU Ski de fond		
PM		Club	16h30	Club	16h30		16h30	Club	16h30	Club	16h30		14h00		
1		Club Weights		Cardio				Cardio		CHRISTMAS PARTY		Pool Swimming			
2															
		24		25		26		27		28	6-7h30	29		30	
		HOLIDAY													
AM															
PM		HOLIDAY													
1															
2		HOLIDAY													
AM															
PM		31		1		2		3		4		5		6	
		HOLIDAY													
AM															
PM													16h 30		
1												Pool Swimming			
2															

*no training on Wednesdays & Sundays