

## WEST Superior Training – September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm <u>Open Lap</u> 5:30am-3:30pm 7:30-8:30pm <u>Lessons</u> 9:00-11:00am 2:15-4:15pm <u>Fluid Running</u> 9:00-9:55am	<b>2</b> <u>Lessons</u> 10:15am-12:15pm <u>Open Lap</u> 11:00am-2:00pm <u>Masters</u> 1:45-3:00pm
<b>3</b> No Fluid Running <u>Open Lap</u> 8:00-11:30am <u>Lessons</u> 9:00-11:30am	<b>4</b> No Fluid Running <u>Masters</u> 5:00-6:30am 12:00-1:15pm 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:50pm	<b>5</b> <u>Masters</u> 5:30-7:00am 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:50pm <u>Fluid Running</u> 8:15-9:10am	<b>6</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 1:30-5:50pm <u>Fluid Running</u> 9:00-9:55am	<b>7</b> <u>Masters</u> 5:30-7:00am 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:10pm <u>Fluid Running</u> 5:30-6:25am 9:00-9:55am	<b>8</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm <u>Open Lap</u> 5:30am-3:30pm 7:30-8:30pm <u>Lessons</u> 9:00-11:00am 2:15-4:15pm <u>Fluid Running</u> 9:00-9:55am	<b>9</b> <u>Lessons</u> 10:15am-12:15pm <u>Open Lap</u> 11:00am-2:00pm <u>Masters</u> 1:45-3:00pm
<b>10</b> <u>Fluid Running</u> 8:00-8:55am <u>Open Lap</u> 8:00-11:30am <u>Lessons</u> 9:00-11:30am	<b>11</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:50pm <u>Fluid Running</u> 9:00-9:55am	<b>12</b> <u>Masters</u> 5:30-7:00am 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:50pm <u>Fluid Running</u> 8:15-9:10am	<b>13</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 1:30-5:50pm <u>Fluid Running</u> 9:00-9:55am	<b>14</b> <u>Masters</u> 5:30-7:00am 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:10pm <u>Fluid Running</u> 5:30-6:25am 9:00-9:55am	<b>15</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm <u>Open Lap</u> 5:30am-3:30pm 7:30-8:30pm <u>Lessons</u> 9:00-11:00am 2:15-4:15pm <u>Fluid Running</u> 9:00-9:55am	<b>16</b> <u>Lessons</u> 10:15am-12:15pm <u>Open Lap</u> 11:00am-2:00pm <u>Masters</u> 1:45-3:00pm
<b>17</b> <u>Fluid Running</u> 8:00-8:55am <u>Open Lap</u> 8:00-11:30am <u>Lessons</u> 9:00-11:30am	<b>18</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:50pm <u>Fluid Running</u> 9:00-9:55am	<b>19</b> <u>Masters</u> 5:30-7:00am 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:50pm <u>Fluid Running</u> 8:15-9:10am	<b>20</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 1:30-5:50pm <u>Fluid Running</u> 9:00-9:55am	<b>21</b> <u>Masters</u> 5:30-7:00am 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:10pm <u>Fluid Running</u> 5:30-6:25am 9:00-9:55am	<b>22</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm <u>Open Lap</u> 5:30am-3:30pm 7:30-8:30pm <u>Lessons</u> 9:00-11:00am 2:15-4:15pm <u>Fluid Running</u> 9:00-9:55am	<b>23</b> <u>Lessons</u> 10:15am-12:15pm <u>Open Lap</u> 11:00am-2:00pm <u>Masters</u> 1:45-3:00pm
<b>24</b> <u>Fluid Running</u> 8:00-8:55am <u>Open Lap</u> 8:00-11:30am <u>Lessons</u> 9:00-11:30am	<b>25</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:50pm <u>Fluid Running</u> 9:00-9:55am	<b>26</b> <u>Masters</u> 5:30-7:00am 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:50pm <u>Fluid Running</u> 8:15-9:10am	<b>27</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 1:30-5:50pm <u>Fluid Running</u> 9:00-9:55am	<b>28</b> <u>Masters</u> 5:30-7:00am 8:00-9:30pm <u>Open Lap</u> 5:30am-3:30pm 8:00-9:30pm <u>Lessons</u> 9:00-11:00am 2:00-5:10pm <u>Fluid Running</u> 5:30-6:25am 9:00-9:55am	<b>29</b> <u>Masters</u> 5:00-6:30am 12:00-1:15pm <u>Open Lap</u> 5:30am-3:30pm 7:30-8:30pm <u>Lessons</u> 9:00-11:00am 2:15-4:15pm <u>Fluid Running</u> 9:00-9:55am	<b>30</b> <u>Lessons</u> 10:15am-12:15pm <u>Open Lap</u> 11:00am-2:00pm <u>Masters</u> 1:45-3:00pm