



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Board		4.30pm + 20min Run Bay		5pm Beach			
Ski	4.30pm Beach	6am Beach	6am Beach Tier 2 - 4.30pm Tier 1 - 5pm Bay	6am Ski-Beach			
Iron						7.00am Beach	
Other					Skills		
Beachies	Track Short Speed 6pm	Tempo Tonkin Oval 6pm		Track speed endurance Females 5pm, Males 6pm	Sand Dunes 7am		
Boaties	PM Weights	PM Group Running	PM Rowing	PM Weights	AM Rowing - Bay		AM Rowing - Beach