

December 2018

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Get Fit Davis Swim Masters

Workout Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|--|--------------------------|--|--------------------|--|-----------------|
| | | | | | | 1 9:00 Owen |
| 2 9:00 Collette | 3 5:45 Collette 8:00 Ro Noon Lauren 6:00 Carl | 4 8:45 Ro Noon Ro | 5 5:45 Tom 8:00 Ro Noon Lauren 6:00 Collette | 6 8:45 Mike | 7 5:45 Tom 8:00 Ro Noon Lauren 6:00 Collette | 8 9:00 Owen |
| 9 9:00 Lauren | 10 5:45 Collette 8:00 Ro Noon Lauren 6:00 Carl | 11 8:45 Ro Noon Ro | 12 5:45 Collette 8:00 Ro Noon Lauren 6:00 Collette | 13 8:45 Mike | 14 5:45 Tom 8:00 Ro Noon Owen 6:00 Collette | 15 9:00 Owen |
| 16 9:00 Collette | 17 5:45 Collette 8:00 Ro Noon Lauren 6:00 Carl | 18 8:45 Ro Noon Ro | 19 5:45 Tom 8:00 Ro Noon Lauren 6:00 Collette | 20 8:45 Mike | 21 5:45 Tom 8:00 Ro Noon Owen 6:00 Collette | 22 9:00 Owen |
| 23 9:00 Lauren | 24 No Coached WO | 25 No Coached WO | 26 5:45 Tom 8:00 Ro Noon Lauren 6:00 Lauren | 27 8:45 Ro | 28 5:45 Lauren 8:00 Ro Noon Owen 6:00 Lauren | 29 9:00 Owen |
| 30 9:00 Lauren | 31 No Coached WO | Jan 1 No Coached WO | Jan 2 5:45 Tom 8:00 Ro Noon Lauren 6:00 Collette | Jan 3 8:45 Mike | Jan 4 | Jan 5 |