


All session times are subject to change

What's on in November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	☺ bondi Saturday	Sunday
			1 6.00AM Bondi swim ocean swim meet bondi surf club	2	3 8.00AM Bondi swim meet at tent on beach 60-90 min swim	4
						
5 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	6 6.00AM Cloey run+swim in shoes Meet near Surf Club 7.15pm Pool swim +Plus Cook & Phillip	7	8 6.00AM Bondi swim ocean swim meet bondi surf club	9	10 8.00AM Bondi swim meet at tent on beach 60-90 min swim	11
12 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	13 6.00AM Cloey run+swim in shoes Meet near Surf Club 7.15pm Pool swim +Plus Cook & Phillip	14	15 6.00AM Bondi swim ocean swim meet bondi surf club	16	17 8.00AM Bondi swim meet at tent on beach 60-90 min swim	18
19 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	20 6.00AM Cloey run+swim in shoes Meet near Surf Club 7.15pm Pool swim +Plus Cook & Phillip	21	22 6.00AM Bondi swim ocean swim meet bondi surf club	23 TGIF IS BACK 6.00PM Bondi swim sunset 7.27pm	24 8.00AM Bondi swim meet at tent on beach 60-90 min swim 9.15am Kickstarter swim 30 mins swim	25
26 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	27 6.00AM Cloey run+swim in shoes Meet near Surf Club 7.15pm Pool swim +Plus Cook & Phillip	28	29 6.00AM Bondi swim ocean swim meet bondi surf club	30 6.00PM Bondi swim meet bondi surf club		Coogee Island Challenge 2.4km & 1km << Splash n Dash Bondi

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NEW TIME & meeting place

New 4 week ocean swimming program