


All session times are subject to change

What's on in JANUARY 2019

move on Monday	Tuesday	Wednesday	Thursday	TGIF Friday	☺ bondi Saturday	race day Sunday
	1	2 8am Clovelly swim+run > Coffee at Seasalt	3 8am Adventure swim Location Bronte	4 9am Adventure swim Location Nielsen Park	5 Bondi swim meet at tent on beach 8.00am 60-90 min swim	6 Newport or Gerringong
7 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	8 6.00AM Cloey run+swim in shoes swim only Meet near Surf Club 7.15pm Pool swim +Plus Cook & Phillip	9	10 6.00AM Bondi swim ocean swim meet bondi surf club	11	12 Bondi swim meet at tent on beach 8.00am 60-90 min swim 9.15am Kickstarter swim 30 mins swim	13 Roughwater North Bondi 1 & 2 km swims meet at our tent
14 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	15 6.00AM Cloey run+swim in shoes swim only Meet near Surf Club 7.15pm Pool swim +Plus Cook & Phillip	16	17 6.00AM Bondi swim ocean swim meet bondi surf club	18 6.00PM TGIF Bondi swim meet bondi surf club	19 Bondi swim meet at tent on beach 8.00am 60-90 min swim 9.15am Kickstarter swim 30 mins swim	20 Warriwood to Mona Vale
21 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	22 6.00AM Cloey run+swim in shoes swim only Meet near Surf Club 7.15pm Pool swim +Plus Cook & Phillip	23	24 6.00AM Bondi swim ocean swim meet bondi surf club	25 6.00PM TGIF Bondi swim meet bondi surf club	26 Bondi swim meet at tent on beach 8.00am 60-90 min swim Splash at Rose Bay join our Team meet at our tent	27 Palm to Whale Beach 2.8k
28 Bondi swim meet at tent on beach 8.00am 60-90 min swim PUBLIC HOLIDAY SWIM	29 6.00AM Cloey run+swim in shoes swim only Meet near Surf Club 7.15pm Pool swim +Plus Cook & Phillip	30	31 6.00AM Bondi swim ocean swim meet bondi surf club	1-Feb	2 Bondi swim meet at Tent on sand 8.00am 60-90 min swim 9.15am Kickstarter swim 30 mins swim	3 Cole Classic or South Maroubra

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