

What's on in May 2019

move on Monday	Tuesday	Wednesday	Thursday	TGIF Friday	☺ bondi Saturday	Sunday
6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool		1	2	3 7.00AM Bondi swim ocean swim meet bondi surf club	4 Bondi swim meet Bondi Surf Club 9.00am 60-90 min swim	5
6 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	7 6.30pm Pool swim +Plus Cook & Phillip	8	9	10 7.00AM Bondi swim ocean swim meet bondi surf club	11 ICEBREAKER Challenge starts Bondi swim meet Bondi Surf Club 9.00am 60-90 min swim	12 8.30-10am PAP Prince Alfred Pool Stroke technique 3-week block Booking essential
13 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	14 6.30pm Pool swim +Plus Cook & Phillip	15	16	17 7.00AM Bondi swim ocean swim meet bondi surf club	18 Bondi swim meet Bondi Surf Club 9.00am 60-90 min swim	19 8.30-10am PAP Prince Alfred Pool Stroke technique 3-week block Booking essential
20 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	21 6.30pm Pool swim +Plus Cook & Phillip	22	23	24 7.00AM Bondi swim ocean swim meet bondi surf club	25 Bondi swim meet Bondi Surf Club 9.00am 60-90 min swim	26 8.30-10am PAP Prince Alfred Pool Stroke technique 3-week block Booking essential
27 6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	28 6.30pm Pool swim +Plus Cook & Phillip	29	30	31 7.00AM Bondi swim ocean swim meet bondi surf club		

NEW TIME



All session times are subject to change