

# What's on in July 2019

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



All session times are subject to change