

November – High Performance

November	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M	Swim	Swim	Ski 6am	Swim	Swim	Ski Club 6am	R E S T
			Iron 8.30am Club			Iron Club 7.30am	
P.M	Ski Club 4.30pm	Board Canal 4.30pm	Transitions 4.30pm Club	Board Club 4.30pm	Ski Club 4.30pm	Mixed Session 3pm Club	
	Beginner Ski C/Tree 4.30pm				Beginner Ski Gym 4.30pm		