

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00						[Black Block]	
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10:00	[Red Block]						
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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3:30							
4:00	SWIM	SWIM	SWIM	SWIM			
4:30	LESSONS	LESSONS	LESSONS	LESSONS			
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