

	<b>MONDAY</b>	<b>(HENLOW) WEDNESDAY</b>	<b>(BEDFORD) THURSDAY</b>	<b>(am) FRIDAY</b>	<b>(pm) FRIDAY</b>	<b>SUNDAY</b>
<b>GREEN (Bridging squad)</b>						<b>4.30pm-5.30pm</b>
<b>GREEN</b>		<b>Invitation only</b>			<b>6pm-7:15pm</b>	<b>4.30pm-5.30pm</b>
<b>BLUE</b>	<b>6pm-7pm</b>	<b>6pm-7pm</b>		<b>Invitation Only</b>	<b>7:15pm-8:30pm</b>	<b>4.30pm-6pm</b>
<b>ORANGE</b>		<b>7pm-8pm</b>		<b>6am-7:30am</b>	<b>8:30pm-10pm</b>	<b>Land Training 6:15pm-7pm Swim 7pm-8pm</b>
<b>NAVY</b>	<b>7pm- 8:30pm</b>	<b>6pm-8pm</b>	<b>6-7:30pm</b>	<b>6am-7:30pm</b>	<b>Land Training 7:15pm-8pm Swim 8pm-9pm</b>	<b>Swim 5:30pm-7pm Land Training 7pm- 7:30pm</b>
<b>RED</b>	<b>7pm- 8:30pm</b>	<b>6pm-8pm</b>	<b>6-7:30pm</b>	<b>6am-7:30pm</b>	<b>Land Training 7:15pm-8pm Swim 8pm-10pm</b>	<b>Swim 6pm-8pm Land Training 5:15- 6pm</b>
<b>MASTERS</b>		<b>7pm-8pm</b>		<b>6am-7:30am</b>	<b>9pm-10pm</b>	<b>Land Training 6:30pm-7pm Swim 7pm-8pm</b>
<b>PURPLE (MB Dev B)</b>		<b>6pm-8pm</b>		<b>6am-7: 30am</b>		<b>Swim 5:.30pm-7pm Land Training 7pm- 7:30pm</b>

## **BIGGLESWADE SWIMMING CLUB TRAINING TIMETABLE**