

# **TIGER** **SHARKS**

## **GTS Practice Schedule 2019-2020**

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### **Senior Group**

**Pool:** Monday-Friday, 5:30-7:30pm

**Pool:** Tuesday and Thursday, 6:00-7:00am

**Pool:** Saturday, 6:00-8:00am

**Land Training:** Tuesday and Friday, 4:30-5:15pm

**Yoga required Monday:** 6:00-7:00am

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### **Senior Prep Group**

**Pool:** Monday-Friday, 4:30-6:00pm

**Land Training:** Tuesday and Thursday, 6:15-7:00pm

**Yoga required Monday:** 6:00-7:00am

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### **Sharks Group**

**Pool:** Monday-Friday, 5:30-6:45pm

**Land Training:** Thursday, 4:30-5:15pm

**Yoga optional Wednesday:** 4:00-5:00pm