Day	1st & 2nd VIII	GPS IVs	3rd VIII	<u>1st, 2nd, 3rd</u>	4th & 5th	Year 9 Quads	Year 8 Quads
	<u>=0.0 G. =</u>	<u> </u>				<u> </u>	<u> </u>
				Year 10 VIII	Year 10 VIII		
Sunday PM	Yoga						
Mon AM	5:30am Scull	Ergometer					
Mon PM	Weights			Ergometer (3rd Scull)			
Tues AM		5:30am Row	5:30am Row			5:45am Row	
Tues PM	Video Review	Weights	Weights	Row	Row	Ergometer	Row
Wed AM	5:30am Scull		5:45am Row	5:45am Row			
Wed PM	Ergometer & Circuit	3:00pm Fitness	3:00pm Fitness	Circuit Weights	3:00pm Row	3:00pm Row	3:00pm Row
Thurs AM				5:45am Scull (3rd Erg)	5th Row/4th Erg		
Thurs PM	Weights	4:30pm Weights	4:30pm Weights		Fitness	Row	Ergometer
Fri AM		5:30am Row					5:45am Row
Fri PM	5:00-7:00pm Row						
Sat AM1	6:00am Row	6:15am Row	6:15am Row	6:30am Row	6:30am Row	7:00am Row	7:30am Row
Sat AM2	Row	Row	Row	Fitness	Fitness	Row or Fitness	Row or Scull
	Ergo - Boatshed						
	Weights -Healy Centre						