



Summer Timetable 2025 – Effective 6th October

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------------------------|---|----------------------------|--------------------------|
| 5:15am – 7:00am National | 5.30am – 7:00am Regional | 5:15am – 7:00am National | 5.30am – 7:00am Regional | 5:15am – 7:00am National |
| 5:45am–6:45am Aquafit | 5.30am – 7:00am National | 5:45am–6:45am Aquafit | 5.30am – 7:00am National | 5:45am –6:45am Aquafit |
| | | | | |
| 3:45pm – 4:45pm Transition | 3:45pm – 5:00pm Transition | 3:45pm – 4:45pm Transition | 3:45pm – 5:00pm Transition | 4:15pm – 5:45pm Regional |
| 4:45pm – 6.15pm Regional | 5:00pm – 6:45pm National | 4:45pm – 6:15pm Regional | 5:00pm – 6:45pm National | 4:15pm – 5:45pm National |
| 6:15pm – 7.15pm Youth Fit + Aqua Fit | | 6:15pm – 7.15pm Youth Fit + Aqua Fit | | |