

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	F-Troop		Run / OWS (Suttons)		Run / OWS (Suttons)		RTC Group Ride (Bunnings)	
	Junior	5:30am Swim	Junior Speed ride	5:30am Swim		5:30am Swim	RTC Group Ride (Opp Redcliffe Police)	Occasional Brick
	Adult		Possible WT		5:00am CritTrack (Summer) Proposed WT (Winter)		RTC Group Ride (Bunnings)	Occasional Brick
PM	Junior	Run Track (Gai)	5:30pm Swim	Junior Run Session (North Lakes)	Junior Crit Track (Summer) Junior WT (Winter)			
	Adult	Run Track (GB)		Adult Run Session	5:30pm Swim	5:00pm Junior Swim		