

MSC MENTONE GIRLS' GRAMMAR SQUAD TIMETABLE - 2026 TERM 1

EFFECTIVE JANUARY 27

SENIOR SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM	5-5:15 ACTIVATE		5-5:15 ACTIVATE		5-5:15 ACTIVATE	6:15-6:30 ACTIVATE
	5:15-7 SWIM		5:15-7 SWIM		5:15-7 SWIM	6:30-8:30 SWIM
PM	4:15-5 GYM		4:15-5 GYM	4:45-5 ACTIVATE		
	5-6:30 SWIM		5-6:30 SWIM	5-6:30 SWIM		

JUNIOR SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM		5:15-5:30 ACTIVATE			5-5:15 ACTIVATE	6:15-6:30 ACTIVATE
		5:30-6:45 BY INVITE			5:15-7 SWIM	6:30-8:30 SWIM
PM	4:15-5 GYM		4:15-5 GYM			
	5-6:30 SWIM		5-6:30 SWIM	5-6:30 SWIM		

MINI SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						9:30-10:30
PM	4-5		4-5	4-5		

FITNESS SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM						8:30-9:30
PM	5-6				5-6	

ADULT SQUAD						
	MON	TUE	WED	THU	FRI	SAT
AM		5:30-6:45		5:30-6:45		

LEVEL 5 & 6						
	MON	TUE	WED	THU	FRI	SAT
PM	4-4:30 4:30-5			4-4:30 (L5) 4:30-5 5-5:30	4-4:30 4:30-5	