

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 | | |

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

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

| 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 | | | |

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

| 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 | | |

MENTONE