MSC MENTONE GIRLS' GRAMMAR SQUAD TIMETABLE
TERM 4 2026 5 OCT - 19 DEC

BE PART OF A TEAM THAT GIVES YOU MORE

SENIOR SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM	5:00 ACTIVATE KM		5:00 ACTIVATE KM		5:00 ACTIVATE KM	5:45-6:15 SQUAD RUN KM
	5:15-7 SWIM KM		5:15-7 SWIM KM		5:15-7 SWIM KM	6:30-8:30 SWIM KM
PM	4-5 GYM		4-5 GYM	4:45 ACTIVATE KM		
	5-6:30 SWIM KM		5-6:30 SWIM KM	5-6:30 SWIM KM		

JUNIOR SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM		5:15 ACTIVATE KM			5:00 ACTIVATE KM	5:45-6:15 SQUAD RUN KM
		5:30-6:45 BY INVITE KM			5:15-7 SWIM KM	6:30-8:30 SWIM KM
PM	4-5 GYM		4-5 GYM			
	5-6:30 SWIM KM		5-6:30 SWIM KM			

MINI SQUAD

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

FITNESS SQUAD

	MON	TUE	WED	THU	FRI	SAT
AM				5:30-6:45 KM		8:30-9:30 KM
PM	5-6 JM			5-6 GU		

LEVEL 6

	MON	TUE	WED	THU	FRI	SAT
PM	4-4:30 4:30-5 JM		4-4:30 4:30-5 5-5:30 JM	4-4:30 4:30-5 GU		

ADULT SQUAD

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