

Rowing Program Schedule 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6- 7 am	Coached Rowing	6 – 7:30 am LTR	Coached Rowing	6 – 7:30 am LTR	Coached Rowing	6 – 8:00 am LTR
7 - 8 am	Coached Rowing		Coached Rowing		Coached Rowing	Coached Rowing
8 - 9 am	Coached Rowing		Coached Rowing		Coached Rowing	Coached Rowing
9 - 10am	Coached Rowing		Coached Rowing		Coached Rowing	Coached Rowing
10 - 11 am						Coached Rowing
5 – 6 pm	5:30 – 7 pm LTR	Coached Rowing	5:30 – 7 pm LTR	Coached Rowing		
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