|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Dolphin 8 |  |  |  |  |  | 13:00 – 14:00ASV | 09:30 – 10:30ASV |
| Junior Red |  |  |  | 18:00 – 19:00RGU |  | 14:00 – 15:00ASV | 08:30 – 09:30ASV |
| Red |  | 19:00 – 20:00RGU | 19:30 – 20:30RGU |  | 18:00 – 19:00RGU | 14:00 – 15:00RGU |  |
| Bronze |  | 17:00 – 18:00RGU |  | 06:00 – 07:30RGU | 16:30 – 18:00RGU | 10:30 – 11:30ASV | 11:30 – 12:30RGU |
| Silver | 06:00 – 07:30RGU |  | 20:00 – 21:00ASV | 16:30 – 18:00RGU | 06:00 – 07:30RGU | 11:30 – 12:30ASV | 12:30 – 14:00RGU |
| Gold Performance | 18:30 - 20:00RGU |  | 06:00 – 08:00RGUAnd17:00 – 18:00RGU | 20:00 – 21:00ASV | 18:00 – 19:00RGU | 13:00 – 15:00ASV | 15:00 – 17:00ASV |
| Gold Sprint | 20:00 – 21:00RGU | 19:00 – 20:30ASV |  | 19:00 – 20:00RGU | 19:00 – 20:00RGU |  | 10:30 – 11:30ASV |