	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30							
06:00							
06:30					Adult Lane		
07:00	Adult Lane Swimming*	Adult Lane Swimming*	Adult Lane Swimming*	Adult Lane Swimming*	Swimming*		
07:30	05:30 - 09:30	05:30 - 09:30	05:30 - 09:30	05:30 - 09:30	05:30 - 09:00		
08:00						Adult Lane Swimming*	Hoylake A.S.C
08:30						07:00 - 10:00	08:00 - 09:00
09:00							
09:30							Adult Lane Swimming*
10:00							09:00 - 11:00
10:30							
11:00							
11:30	Adult Lane Swimming*		Adult Lane Swimming*				
12:00	11:00 - 13:00	Adult Lane Swimming*	11:00 - 13:00	Adult Lane Swimming*	Adult Lane Swimming*		
12:30		12:00 - 13:00		12:00 - 13:00	12:00 - 13:00		
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30		Hoylake A.S.C	Hoylake A.S.C		West Kirby A.S.C		Hoylake A.S.C 16:30 - 20:30
19:00		18:30 - 19:30			18:30 - 19:30	Hoylake A.S.C 17:00 - 21:00	10.30 - 20.30
19:30	Adult Lane Swimming*				Hoylake A.S.C	17.00 - 21:00	
20:00	19:30 - 20:30		Total Transition Triathlon Club	West Kirby A.S.C	19:30 - 20:30		
20:30		Mersey Tri		19:30 - 21:00			
21:00		20:30 - 21:30					
21:30							
22:00							