	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
	Tuesday	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri
AM	Performance		Performance	Performance	Performance		Performance	Performance		Performance	Performance
5.45	Challenge		Challenge	Challenge	Challenge		Challenge	Challenge		Challenge	Challenge
PM						PM					
						3.30pm	Pathways	Pathways	Pathways	Pathways	
PM	Performance	Performance	Performance			4.45pm	Performance	Performance	Performance	Performance	
4	Challenge	Challenge	Challenge				Challenge	Challenge	Challenge	Challenge	

	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28th
	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon
AM	Performance		Performance	Performance		Performance	Performance	No	No	No
5.45	Challenge		Challenge	Challenge		Challenge	Challenge	Swim	Swim	Swim
PM		3.30pm	Paths/trans	Paths/trans	Paths/trans	Paths/trans				
		4.45pm	Performance	Performance	Performance	Performance				
			Challenge	Challenge	Challenge	Challenge				