

# July-14

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				GBN Elite, Adv I, Adv II 4:00 - 7:30 pm Pilates 4:00-4:45pm Drills 4:45-5:15pm Pool 5:30-7:30pm Int I, Int II Pool 4:00-5:30pm Gym 5:30-6:30pm HS Gym 6:30-7:30pm Pool 7:30-8:30pm		
NO PRACTICE	NO PRACTICE	GBN Elite, Adv I, Adv II 4:00 - 7:30 pm Pilates 4:00-4:45pm Drills 4:45-5:15pm Pool 5:30-7:30pm Int I, Int II Pool 4:00-5:30pm Gym 5:30-6:30pm HS Gym 6:30-7:30pm Pool 7:30-8:30pm	GBN Elite, Adv I, Adv II 4:00 - 7:30 pm Pilates 4:00-4:45pm Drills 4:45-5:15pm Pool 5:30-7:30pm Int I, Int II Pool 4:00-5:30pm Gym 5:30-6:30pm HS Gym 6:30-7:30pm Pool 7:30-8:30pm	GBN Elite, Adv I, Adv II 4:00 - 7:30 pm Pilates 4:00-4:45pm Drills 4:45-5:15pm Pool 5:30-7:30pm Int I, Int II Pool 4:00-5:30pm Gym 5:30-6:30pm HS Gym 6:30-7:30pm Pool 7:30-8:30pm		
GBN Elite 5:00-7:00pm  Beginner B 4:00-5:00pm  ALL-STAR CHALLENGE AAU Qualifier 3:00-7:00pm GBN Northbrook, IL	GBN Elite, Adv I, Adv II 4:00 - 7:30 pm Pilates 4:00-4:45pm Drills 4:45-5:15pm Pool 5:30-7:30pm  Beg A 4:00-5:00 pm Pool  Beg B 5:00-6:00 pm Pool	GBN Elite, Adv I, Adv II 4:00 - 7:30 pm Pilates 4:00-4:45pm Drills 4:45-5:15pm Pool 5:30-7:30pm Int I, Int II Gym 4:00-5:30pm Pool 5:30-6:30pm HS Pool 6:30-7:30pm Gym 7:30-8:30pm	GBN Elite, Adv I, Adv II 4:00 - 7:30 pm Pilates 4:00-4:45pm Drills 4:45-5:15pm Pool 5:30-7:30pm Int I, Int II Gym 4:00-5:30pm Pool 5:30-6:30pm HS Pool 6:30-7:30pm Gym 7:30-8:30pm	GBN Elite, Adv I, Adv II 4:00 - 7:30 pm Pilates 4:00-4:45pm Drills 4:45-5:15pm Pool 5:30-7:30pm Int I, Int II Gym 4:00-5:30pm Pool 5:30-6:30pm HS Pool 6:30-7:30pm Gym 7:30-8:30pm		
GBS Beginner B 4:00-5:00pm  NORTHWESTERN  National Team time: TBA	GBS Elite, Adv I, Adv II 4:00 - 7:30 pm  Beg A 4:00-5:00 pm Pool  Beg B 5:00-6:00 pm Pool	GBS Elite, Adv I, Adv II 4:00 - 7:30 pm Int I, Int II 4:00-6:30pm HS 6:30-8:30pm  SCHROEDER National Team 1:30-7:30pm	GBS Elite, Adv I, Adv II 4:00 - 6:00 pm  Int I, Int II & HS 4:00-6:00 pm  BEACH PARTY 7:00 - 10:00 pm	GBS Elite, Adv I, Adv II 4:00 - 7:30 pm Int I, Int II 4:00-6:30pm HS 6:30-8:30pm  SCHROEDER National Team 1:30-7:30pm		
GBS Beginner B 4:00-5:00pm  NORTHWESTERN  National Team time: TBA	GBS Elite, Adv I, Adv II 4:00 - 7:30 pm  Beg A 4:00-5:00 pm Pool  Beg B 5:00-6:00 pm Pool	GBS Elite, Adv I, Adv II 4:00 - 7:30 pm Int I, Int II 4:00-6:30pm HS 6:30-8:30pm  SCHROEDER National Team 1:30-7:30pm	GBS Elite, Adv I, Adv II 4:00 - 7:30 pm  Int I, Int II 4:00-6:30pm HS 6:30-8:30pm	GBS Elite, Adv I, Adv II 4:00 - 7:30 pm Int I, Int II 4:00-6:30pm HS 6:30-8:30pm  SCHROEDER National Team 1:30-7:30pm		2010 AAU NATIONAL DIVING CHAMPIONSHIPS  Coral Springs, FL  Aug. 1-9