RLZ SURSEE General Program - 2026/27

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Notes							
06:00 - 06:30							
06:30 - 07:00							
07:00 - 07:30							
07:30 - 08:00							
08:00 - 08:30				**Run**		**Swim**	
08:30 - 09:00				60min		90min	
09:00 - 09:30						0800-0930	
09:30 - 10:00							
10:00 - 10:30							**Run**
10:30 - 11:00							60min
11:00 - 11:30						**Bike**	**Bike**
11:30 - 12:00						90min	60min
12:00 - 12:30						1100-1230	
12:30 - 13:00							
13:00 - 13:30							
13:30 - 14:00					**Gym**		
14:00 - 14:30			**Swim**		60min		
14:30 - 15:00			90min		**Swim**		
15:00 - 15:30			1400-1530		60min 1430-1530		
15:30 - 16:00	**Gym**	**Swim**					
16:00 - 16:30	60min	60min (1530-1630)	**Bike**				
16:30 - 17:00			90min	**Swim**			
17:00 - 17:30		**Run**	1600-1730	90min			
17:30 - 18:00	**Swim**	60min (1715-1815)		1630-1800			
18:00 - 18:30	1815-1945						
18:30 - 19:00	90min						

Comments							