

| Squads | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|----|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Senior Elite & Sprint | AM | | | | 05:30 - 07:00 A | 05:30 - 07:00 A | 06:00 - 07:30 A | 08:30 - 10:00 C |
| | PM | 19:00 - 19:55 A | 17:55 - 19:25 C | | 18:10 - 19:10 C | | | |
| Senior Performance | AM | | | | 05:30 - 07:00 A | | | |
| | PM | 20:05 - 21:00 A | | | 19:20 - 20:20 C | | 13:30 - 15:00 A | 18:55 - 20:25 A |
| Junior Elite | AM | | 05:30 - 07:00 A | | | | 06:00 - 07:30 A | |
| | PM | 17:00 - 18:00 C | | 19:55 - 21:00 A | 17:00 - 18:00 C | | | |
| Junior Performance | AM | | | | | | | |
| | PM | 18:10 - 19:10 C | | 19:55 - 21:00 A | | | 13:30 - 15:00 A | 18:55 - 20:25 A |
| Technical Excellence - 4 lanes | AM | | | | | | 07:00 - 08:00 C | |
| | PM | | 19:00 - 20:00 A | | | 19:05 - 20:05 C | | 17:45 - 18:45 A |
| Technical Excellence - 2 lanes | AM | | | | | | 08:50 - 09:35 C | |
| | PM | | 19:00 - 20:00 A | | | 17:55 - 18:55 C | | 17:45 - 18:45 A |
| Technical Development | AM | | | | | | | |
| | PM | | 17:00 - 17:45 C | | | 17:55 - 18:40 A | | 16:50 - 17:35 A |
| Academy 1 | | | | 19:00 -19:45 A | | 17:00 - 17:45 A | | 16:10 - 16:40 A |
| Academy 2 | | | | 19:00 -19:45 A | | 17:00 - 17:45 A | | 16:10 - 16:40 A |
| Academy 3 | | | | 19:00 -19:45 A | | | | 16:50 - 17:35 A |
| Academy 4 | | | | | | 17:00 - 17:45 C | | 16:10 - 16:40 A |
| Academy 5 | | | | | | 17:00 - 17:45 C | | 15:30 - 16:00 A |
| Academy 6 | | | | | | | 08:10 - 08:40 C | 15:30 - 16:00 A |
| Academy 7 | | | | 17:00 - 17:30 C | | | | 15:30 - 16:00 A |
| Junior Fitness | | | | | | 18:50 - 19:50 A | | |
| Youth Fitness | | | | | | 20:00 - 21:00 A | | |
| Masters 3 | | 21:10 - 22:00 A | | | 20:10 - 21:10 A | | | 18:55 - 20:25 A |
| Masters 2 | | 21:10 - 22:00 A | | | 20:30 - 21:30 C | | | |
| Masters 1 | | | | | 20:10 - 21:10 A | | | |