

TRAINING TANK SCHEDULE									
TIME	SUNDAY	MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
5:00 AM									
5:30 AM									
6:00 AM									
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5:00 PM									
5:30 PM									
6:00 PM									
SCHEDULE LEGEND:	UNIT TRAINING			LAP SWIM		RECREATIONAL SWIM		MARSOC/MCIWS/RECON PREP	