LUC Rowing Programs - 2026

	Monday			Tuesday		Wednesday			Thursday			Friday			Saturday			Sunday
5:00 AM	5-6:30	5-6:30	5-6:30	5-6:30	5-6:30	5-6:30	5-6:30		5-6:30	5-6:30		5-6:30	5-6:30		5- 6:30			
	Women's	Advanced	Men's	AM	Men's	Women's	Advanced		AM	Men's		Women's	AM		Advanced			
	National	Small Boats	National	Competitive	National	National	Small Boats		Competitive	National	5:30-6:30	National	Competitive		Small Boats			
	Competitive		Competitive		Competitive	Competitive				Competitive	Erg with Ed	Competitive						
6:00 AM																		
	6:45-8:15	6:45-8:15		6:45-8:15	6:45-8:15	6:45-8:15		6:45-8:15	6:45-8:15			6:45-8:15		6:45-8:15				
7:00 AM	Beginning	Advanced		Advanced	Novice	Beginning		Novice	Advanced			Beginning		Novice	7 - 8:45		7-8:45	
	Sweep and	Sweep and		Sweep and	Competitive	Sweep and		Competitive	Sweep and			Sweep and		Competitive	PM	7:15- 8:45	Sat	
	Scull	Scull		Scull		Scull			Scull			Scull			Competitive	Sweep and	Sweepers	
																Scull (SAS)		
8:00 AM			8-9:30				8-9:30						8-9:30					
			Learn to Row				Learn to Row						Learn to Row					
			Morning				Morning						Morning					8:30-9:45
																	8:45-10:15	Yoga
9:00 AM	9-10:30			9-10:30		9-10:30			9-10:30			9-10:30				9-10	Advanced	
	Advanced			Beginning		Advanced			Beginning			Advanced				Weights	Rowing	
9:30 AM	Sculling			Sweep and		Sculling			Sweep and			Sculling					Group	
	small boats			Scull		small boats			Scull			small boats				9:30-11		
10:00 AM				small boats					small boats							Learn to Row		
11:00 AM																		
6:00 PM																		
	6:30-8	6:30-8		6:30-8	6:30-8	6:30-8	6:30-8		6:30-9	6:30-8								
	Sweep and	Advanced		PM Local	Learn to Row	Sweep and	Advanced		PM Local	Learn to Row								
7:00 PM	Scull (SAS)	Rowing		Competitive	PM	Scull (SAS)	Rowing		Competive	PM								
		Group					Group											
8:00 PM																		