

ES Club Schedule 2024 - June & July

GROUP	Day	PM	AM	Location: DVAC	Dryland
Elit 1	Monday	6pm - 6:45pm			
	Tuesday	6pm - 6:45pm			
	Wednesday	6pm - 6:45pm			
	Thursday	6pm - 6:45pm			
	Friday	6pm - 6:45pm			
Elit 2	Day	Time	AM	Location: DVAC	Dryland
	Monday	5:45pm - 7pm			
	Tuesday	5:45pm - 7pm			
	Wednesday	5:45pm - 7pm			
	Thursday	5:45pm - 7pm			
Friday	5:45pm - 7pm				
Elit 3	Day	Time	AM	Location: DVAC	Dryland
	Monday	5:45pm - 7:30pm			7pm - 7:30pm
	Tuesday	5:45pm - 7:30pm			7pm - 7:30pm
	Wednesday	5:45pm - 7:30pm			7pm - 7:30pm
	Thursday	5:45pm - 7:30pm			7pm - 7:30pm
Friday	5:45pm - 7:30pm			7pm - 7:30pm	
Senior - Elit 2	Day	Time	AM	Location: DVAC	Dryland
	Monday	4:15pm - 6:30pm		DVAC	4:15pm - 5pm
	Tuesday	4:15pm - 6:30pm		DVAC	4:15pm - 5pm
	Wednesday	4:45pm - 6:30pm		DVAC	STR
	Thursday	4:15pm - 6:30pm		DVAC	4:15pm - 5pm
Friday	4:15pm - 6:30pm		DVAC	4:15pm - 5pm	
Senior - Elit 1	Day	Time	AM	Location:	Dryland
	Monday	4:15pm - 7pm		DVAC	4:15pm - 5pm
	Tuesday	4:15pm - 7pm		DVAC	4:15pm - 5pm
	Wednesday	4:45pm - 7pm		DVAC	STR
	Thursday	4:15pm - 7pm		DVAC	4:15pm - 5pm
	Friday	4:15pm - 7pm		DVAC	4:15pm - 5pm
Saturday		8:35am - 11am		SROP	STR
	Groups: Elit 2, Elit 3, Senior - Elit 1&2 perform 15min *STR every day before practice.				* STR: <i>Stretching</i>