



Condors Westchester Locations Practice Schedule @ Mark Twain FALL 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior:	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	7:00-9:00 AM	OFF
Senior Dry-land:	STR/COND: 6:15-7:00 PM	REHAB: 6:15-7:00 PM	STR/COND: 6:15-7:00 PM	REHAB: 6:15-7:00 PM	STR/COND: 6:15-7:00 PM	OFF	OFF
Senior 1:	4:45-6:15 PM	4:45-6:15 PM	OFF	4:45-6:15 PM	4:45-6:15 PM	7:00-9:00 AM	OFF
	STR/COND: 6:15-7:00 PM	OFF	OFF	OFF	STR/COND: 6:15-7:00 PM	OFF	OFF
Gold	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	7:00-9:00 AM [opt.]	OFF
Gold Elite	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	7:00-9:00 AM	OFF
Gold Groups Dry-land:	DRY-LAND: 4:40-5:00 PM	DRY-LAND: 4:40-5:00 PM	OFF	DRY-LAND: 4:40-5:00 PM	DRY-LAND: 4:40-5:00 PM	OFF	OFF
Silver	6:30-7:45 PM	6:30-7:45 PM	OFF	6:30-7:45 PM	6:30-7:45 PM	OFF	OFF
Bronze	6:30-7:30 PM	OFF	6:15-7:15 PM	OFF	6:30-7:30 PM	9:00-10:00 AM	OFF
Stroke Development	OFF	6:30-7:30 PM	6:15-7:00 PM	6:30-7:30 PM	OFF	9:00-10:00 AM	OFF