

SENIOR PRACTICE SCHEDULE 10/1/18 – 11/4/18

YOGA
 DRY LAND
 COMMENTS

| | | | | | |
|-----------|--------|-----|------------------------|-----------------|-------------------------|
| Monday | 1-Oct | BAC | | 3:45 – 6:15 pm | |
| Tuesday | 2-Oct | BAC | | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Wednesday | 3-Oct | BAC | | 3:45 – 6:00 pm | YOGA 6:10 - 7:00 pm |
| Thursday | 4-Oct | BAC | | 3:45 – 6:15 pm | |
| Friday | 5-Oct | BAC | | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Saturday | 6-Oct | BAC | | 8:00 - 10:00 AM | YOGA 10:15 - 11:00 am |
| Sunday | 7-Oct | | | OFF | |
| Monday | 8-Oct | BAC | | 3:45 – 6:15 pm | |
| Tuesday | 9-Oct | BAC | 5:30 - 645am | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Wednesday | 10-Oct | BAC | | 3:45 – 6:00 pm | YOGA 6:10 - 7:00 pm |
| Thursday | 11-Oct | BAC | 5:30 - 645am | 3:45 – 6:15 pm | |
| Friday | 12-Oct | BAC | | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Saturday | 13-Oct | BAC | | 8:00 - 10:00 AM | YOGA 10:15 - 11:00 am |
| Sunday | 14-Oct | | | OFF | |
| Monday | 15-Oct | BAC | | 3:45 – 6:15 pm | |
| Tuesday | 16-Oct | BAC | 5:30 - 645am | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Wednesday | 17-Oct | BAC | | 3:45 – 6:00 pm | YOGA 6:10 - 7:00 pm |
| Thursday | 18-Oct | BAC | 5:30 - 645am | 3:45 – 6:15 pm | |
| Friday | 19-Oct | BAC | | 3:45 – 6:00 pm | |
| Saturday | 20-Oct | | CHAPPYS @ Long Island | OFF | |
| Sunday | 21-Oct | | COLLEGE SHOWCASE @ BAC | OFF | |
| Monday | 22-Oct | BAC | | 3:45 – 6:15 pm | |
| Tuesday | 23-Oct | BAC | 5:30 - 645am | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Wednesday | 24-Oct | BAC | | 3:45 – 6:00 pm | YOGA 6:10 - 7:00 pm |
| Thursday | 25-Oct | BAC | 5:30 - 645am | 3:45 – 6:15 pm | |
| Friday | 26-Oct | BAC | | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Saturday | 27-Oct | BAC | | 8:00 - 10:00 AM | YOGA 10:15 - 11:00 am |
| Sunday | 28-Oct | | | OFF | |
| Monday | 29-Oct | BAC | | 3:45 – 6:15 pm | |
| Tuesday | 30-Oct | BAC | 5:30 - 645am | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Wednesday | 31-Oct | BAC | | 3:45 – 6:00 pm | NO YOGA |
| Thursday | 1-Nov | BAC | 5:30 - 645am | 3:45 – 6:15 pm | |
| Friday | 2-Nov | BAC | | 3:45 – 5:55 pm | DRY LAND 6:05 - 6:50 pm |
| Saturday | 3-Nov | BAC | | 8:00 - 10:00 AM | YOGA 10:15 - 11:00 am |
| Sunday | 4-Nov | | | OFF | |