

SENIOR PRACTICE SCHEDULE 11/5/18 – 1/2/19

AM WORKOUT

PM WORKOUT

YOGA
DRY LAND
COMMENTS

Monday	5-Nov	BAC		OFF	3:45 – 6:15 pm	
Tuesday	6-Nov	BAC		5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	7-Nov	BAC		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	8-Nov	BAC		5:30 - 6:45 AM	3:45 – 6:15 pm	
Friday	9-Nov	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	10-Nov	BAC		8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	11-Nov			OFF	OFF	
Monday	12-Nov	BAC		OFF	3:45 – 6:15 pm	
Tuesday	13-Nov	BAC		5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	14-Nov	BAC		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	15-Nov	BAC		5:30 - 6:45 AM	3:45 – 6:15 pm	
Friday	16-Nov	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	17-Nov	BAC		8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	18-Nov			OFF	OFF	
Monday	19-Nov	BAC		OFF	3:45 – 6:15 pm	
Tuesday	20-Nov	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	21-Nov	BAC		5:30 - 6:45 AM	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	22-Nov			8:00 - 10:00 AM	THANKSGIVING	
Friday	23-Nov	BAC		8:00 - 10:00 AM	OFF	
Saturday	24-Nov	BAC		8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	25-Nov			OFF	OFF	
Monday	26-Nov	BAC		OFF	3:45 – 6:15 pm	
Tuesday	27-Nov	BAC		OFF	3:45 – 6:00 pm	
Wednesday	28-Nov	BAC	WINTER NATIONALS @ NC		3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	29-Nov	BAC	WINTER NATIONALS @ NC		3:45 – 6:15 pm	
Friday	30-Nov	BAC	WINTER NATIONALS @ NC		3:45 – 6:00 pm	
Saturday	1-Dec	BAC		8:00 - 10:00 AM	WINTER NATIONALS @ NC	YOGA 10:15 - 11:00 am
Sunday	2-Dec			OFF	OFF	
Monday	3-Dec	BAC		OFF	3:45 – 5:15 pm	
Tuesday	4-Dec	BAC		OFF	3:45 – 5:00 pm	
Wednesday	5-Dec	BAC		OFF	3:45 – 5:00 pm	
Thursday	6-Dec		BUFFALO @ ECC		OFF	
Friday	7-Dec		BUFFALO @ ECC		OFF	
Saturday	8-Dec		BUFFALO @ ECC		OFF	
Sunday	9-Dec		BUFFALO @ ECC		OFF	
Monday	10-Dec	BAC		OFF	3:45 – 6:15 pm	
Tuesday	11-Dec	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	12-Dec	BAC		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	13-Dec	BAC		5:30 - 6:45 AM	3:45 – 6:15 pm	
Friday	14-Dec	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	15-Dec	BAC		8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	16-Dec			OFF	OFF	
Monday	17-Dec	BAC		OFF	3:45 – 6:15 pm	
Tuesday	18-Dec	BAC		5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	19-Dec	BAC		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	20-Dec	BAC		5:30 - 6:45 AM	3:45 – 6:15 pm	
Friday	21-Dec	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	22-Dec	BAC		8:00 - 10:00 AM	OFF	
Sunday	23-Dec	BAC		7:00 - 9:00 AM	OFF	
Monday	24-Dec			OFF	OFF	
Tuesday	25-Dec			OFF	OFF	
Wednesday	26-Dec			OFF	OFF	
Thursday	27-Dec			OFF	OFF	
Friday	28-Dec	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	29-Dec	BAC		8:00 - 10:00 AM	3:45 – 6:15 pm	
Sunday	30-Dec	BAC		8:00 - 10:00 AM	3:45 – 6:15 pm	
Monday	31-Dec	BAC		8:00 - 10:00 AM	3:45 – 6:15 pm	
Tuesday	1-Jan	BAC		OFF	OFF	
Wednesday	2-Jan	BAC		OFF	3:45 – 5:45 pm	DRY LAND 6:05 - 6:50 pm