

## **SENIOR AND JUNIOR DRY LAND AND YOGA SCHEDULE**

### **Tuesday**

**JUNIOR DRY LAND 530pm - 610pm**

**SENIOR DRY LAND 610pm - 650pm**

### **Wednesday**

**JUNIOR YOGA 530 - 615pm**

**SENIOR YOGA 615 - 700pm**

### **Friday**

**JUNIOR DRY LAND 530pm - 610pm**

**SENIOR DRY LAND 610pm - 650pm**

### **Saturday**

**JUNIOR YOGA 930 - 1015am**

**SENIOR YOGA 1020 - 1105am**

**All Swim Practices as per New Training Facility Schedule**