

Practice schedule 11/22/15-12/13/15

DATE	SENIOR	JUNIOR
22-Nov-15		
23-Nov-15	3:45-6:00	5:45-7:30
24-Nov-15	3:45-6:00	5:15-7:30 dryland at 5:15
25-Nov-15	3:45-6:00 + yoga	6:00-7:45
26-Nov-15	8-10:00	
27-Nov-15	8-10:00 4-6:00	10-11:45
28-Nov-15	7:15-9:30 4-6:30	Meet
29-Nov-15		
30-Nov-15	3:45-5:45	5:40-7:15
01-Dec-15	3:45-5:45	5:40-7:15
02-Dec-15	3:45-5:45 + yoga	5:40-7:15
03-Dec-15	Nationals 3:45-5:45	5:40-7:15
04-Dec-15	Nationals 3:45-5:45	5:40-7:15
05-Dec-15	8-9:30 swim then yoga 9:45-10:45	8:45-9:45 yoga 10-11:30 sv
06-Dec-15		
07-Dec-15	4-5:30	5:30-6:30
08-Dec-15	4-5:30	5:30-6:30
09-Dec-15	4-5:30	5:30-6:30
10-Dec-15	Star Meet Buffalo	Star Meet Buffalo
11-Dec-15	Star Meet Buffalo	Star Meet Buffalo
12-Dec-15	Star Meet Buffalo	Star Meet Buffalo
13-Dec-15	Star Meet Buffalo	Star Meet Buffalo