

Practice schedule 12/4/16-1/22/17

DATE	SENIOR	JUNIOR
04-Dec-16		
05-Dec-16	4-6:00	4-5:30
06-Dec-16	4-6:00	4-5:30
07-Dec-16	4-5:00	4-5:30
08-Dec-16	Buffalo	Buffalo
09-Dec-16	Buffalo	Buffalo
10-Dec-16	Buffalo	Buffalo
11-Dec-16	Buffalo	Buffalo
12-Dec-16	4-5:30	4-5:30
13-Dec-16	3:45-6:15	4:00-6:00
14-Dec-16 5:30-7:00	3:45-6:15	4:00-6:00
15-Dec-16	3:45-6:15	4:00-6:00
16-Dec-16 5:30-7:00	3:45-6:15	4:00-6:00
17-Dec-16	8:00-10:15 AM Yoga	8:00-9:30 AM Yoga
18-Dec-16		
19-Dec-16 5:30-7:00	3:45-6:15	4:00-6:00
20-Dec-16	3:45-6:15	4:00-6:00
21-Dec-16 5:30-7:00	3:45-6:15	4:00-6:00
22-Dec-16 5:30-7:00	3:45-6:15	4:00-6:00
23-Dec-16 7:30-9:30 pick 1 practice	3:45-6:15	4:00-6:00
24-Dec-16 Off	Off	Off
25-Dec-16 Off	Off	Off
26-Dec-16 Off	Off	Off
27-Dec-16 Off	Off	Off
28-Dec-16	3:45-6:15	4:00-6:00
29-Dec-16 8-10:30	3:45-6:15	6-7:45
30-Dec-16 8-10:30	3:45-6:15	6-7:45
31-Dec-16 8-10:30	3:45-6:15	6-7:45
01-Jan-17 8-10:30		10:15-12:00 AM
02-Jan-17 8-10:30	3:45-6:15	4:00-6:00
03-Jan-17	3:45-6:15	4:00-6:00
04-Jan-17 5:30-7:00	3:45-6:15	4:00-6:00
05-Jan-17	3:45-6:15	4:00-6:00
06-Jan-17 5:30-7:00	3:45-6:15	4:00-6:00
07-Jan-17	8:00-10:15 AM Yoga	8:00-9:30 AM Yoga
08-Jan-17		
09-Jan-17	3:45-6:15 PM	4:00-5:45 PM
10-Jan-17 5:30-7:00	3:45-6:15 PM Dry	4:00-5:15 PM Dry
11-Jan-17	3:45-6:15 PM Yoga	4:00-5:15 PM Yoga
12-Jan-17	3:45-5:15 PM	4:00-5:15 PM
13-Jan-17 CERA VE	CERA VE	CERA VE
14-Jan-17 CERA VE	CERA VE	CERA VE
15-Jan-17 CERA VE	CERA VE	CERA VE
16-Jan-17	4-5:30	4-5:30
17-Jan-17	3:45-6:15	4:00-6:00
18-Jan-17 5:30-7:00	3:45-6:15	4:00-6:00
19-Jan-17	3:45-6:15	4:00-6:00
20-Jan-17 5:30-7:00	3:45-6:15	4:00-6:00
21-Jan-17	8:00-10:15 AM Yoga	8:00-9:30 AM Yoga