

JUNIOR PRACTICE SCHEDULE 10/22/18 – 11/30/18

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