

## SENIOR PRACTICE SCHEDULE 2/25/19 - 4/28/19

AM WORKOUT

PM WORKOUT

Monday	25-Feb	BAC		OFF	3:45 – 6:15 pm	
Tuesday	26-Feb	BAC		5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	27-Feb	BAC		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	28-Feb	BAC		5:30 - 6:45 AM	3:45 – 6:15 pm	
Friday	1-Mar	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	2-Mar	BAC		6:00 - 8:00 AM	OFF	
Sunday	3-Mar			OFF	OFF	
Monday	4-Mar	BAC		OFF	3:45 – 6:15 pm	
Tuesday	5-Mar	BAC		5:30 - 6:45 AM	3:45 – 5:55 pm	
Wednesday	6-Mar	BAC	TYR PRO SERIES @ IOWA		3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	7-Mar	BAC	TYR PRO SERIES @ IOWA		3:45 – 6:15 pm	
Friday	8-Mar	BAC	TYR PRO SERIES @ IOWA		3:45 – 5:55 pm	
Saturday	9-Mar	BAC		8:00 - 10:00 AM	TYR PRO SERIES @ IOWA	
Sunday	10-Mar			OFF	OFF	
Monday	11-Mar		MARCH MAYHEM @ BAC		3:45 - 5:00 pm	
Tuesday	12-Mar	BAC		OFF	3:45 – 5:00 pm	
Wednesday	13-Mar	BAC		OFF	3:45 – 5:00 pm	
Thursday	14-Mar	BAC	NJS SENIOR CHAMPS @ BAC		OFF	
Friday	15-Mar	BAC	NJS SENIOR CHAMPS @ BAC		OFF	
Saturday	16-Mar	BAC	NJS SENIOR CHAMPS @ BAC		OFF	
Sunday	17-Mar		NJS SENIOR CHAMPS @ BAC		OFF	
Monday	18-Mar	BAC		OFF	3:45 – 6:00 pm	
Tuesday	19-Mar	BAC		OFF	3:45 – 6:00 pm	
Wednesday	20-Mar	BAC		OFF	3:45 – 6:00 pm	
Thursday	21-Mar	BAC		OFF	3:45 – 6:00 pm	
Friday	22-Mar	BAC		OFF	3:45 – 6:00 pm	
Saturday	23-Mar	BAC		8:00 - 10:00 AM	OFF	
Sunday	24-Mar			OFF	OFF	
Monday	25-Mar	BAC		OFF	3:45 – 5:45 pm	
Tuesday	26-Mar	BAC		OFF	3:45 – 5:45 pm	
Wednesday	27-Mar	BAC	CZ SECTIONALS @ INDIANAPOLIS		3:45 – 5:45 pm	
Thursday	28-Mar	BAC	CZ SECTIONALS @ INDIANAPOLIS		3:45 – 5:45 pm	
Friday	29-Mar	BAC	CZ SECTIONALS @ INDIANAPOLIS		3:45 – 5:45 pm	
Saturday	30-Mar	BAC		8:00 - 10:00 AM	CZ SECTIONALS @ INDIANAPOLIS	
Sunday	31-Mar		CZ SECTIONALS @ INDIANAPOLIS		OFF	
Monday	1-Apr	BAC		OFF	3:45 – 6:15 pm	
Tuesday	2-Apr	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	3-Apr	BAC		OFF	3:45 – 6:00 pm	
Thursday	4-Apr	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Friday	5-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Saturday	6-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Sunday	7-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Monday	8-Apr	BAC		OFF	3:45 – 6:15 pm	
Tuesday	9-Apr	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	10-Apr	BAC		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	11-Apr	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Friday	12-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Saturday	13-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Sunday	14-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Monday	15-Apr	BAC		OFF	3:45 – 6:15 pm	
Tuesday	16-Apr	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	17-Apr	BAC		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	18-Apr	BAC		OFF	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Friday	19-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Saturday	20-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Sunday	21-Apr		SENIOR LONG WEEKENDS - SPRING BREAK			
Monday	22-Apr	BAC		OFF	3:45 – 6:15 pm	
Tuesday	23-Apr	BAC		5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	24-Apr	BAC		OFF	3:45 – 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	25-Apr	BAC		5:30 - 6:45 AM	3:45 – 5:55 pm	DRY LAND 6:05 - 6:50 pm
Friday	26-Apr	BAC		OFF	3:45 – 6:15 pm	
Saturday	27-Apr	BAC		8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	28-Apr			OFF	OFF	

\*\*\* May take any three additional days off between 4/1/19 and 4/18/19 \*\*\*