								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JL	JNIOR 2 - JUNIOR 1	PRACTICE SCHEDULE					COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		SENIONS		JONION 2	JOINIOK 1	WILLIS		SEIVIONS	JOINION 2	JONION 1
			DOUBLES							
Wednesday	7-Aug	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK		SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
to	7-Aug	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	-	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
Monday	2-Sep	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK		SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
ivioriday	2-3ер	SOMMEN BILLAR	JOIVINIER BREAK	JOIVIIVIEN BREAK	JOIVIIVIER BREAK	30WINER BREAK		JOIVINIER BREAK	JOININER BREAK	JOIVINIER BREAK
Tuesday	3-Sep	NPCP 4:00 - 5:30PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Wednesday	4-Sep	NPCP 4:00 - 5:30PM	OFF	OFF	OFF			OFF	OFF	OFF
Thursday	5-Sep	NPCP 4:00 - 5:30PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFI
Friday	6-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFI
Saturday	7-Sep	OFF	OFF	OFF	OFF	MR OPEN WATER CHAMPS		OFF	OFF	OFI
Sunday	8-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFI
Monday	9-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Tuesday	10-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Wednesday	11-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Thursday	12-Sep	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	13-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Saturday	14-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Sunday	15-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	16-Sep	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	17-Sep	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Wednesday	18-Sep	3:45 - 6:00PM	OFF OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF OFF	OFF OFF	OFF OFF
Thursday Friday	19-Sep 20-Sep	3:45 - 6:00PM 3:45 - 6:15PM	OFF	3:45 – 5:30PM 3:45 – 5:30PM	6:00 - 7:30PM 6:15 - 7:45PM			OFF	OFF	OFI
Saturday	20-Sep 21-Sep	3:45 - 6:15PIVI	OFF	3:45 - 5:30PIVI	6:15 - 7:45PM			OFF	OFF	OFI
Sunday	21-3ep 22-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFI
Monday	23-Sep	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	24-Sep	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	25-Sep	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	26-Sep	3:45 - 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	27-Sep	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	28-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Sunday	29-Sep	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	30-Sep	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	1-Oct	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	2-Oct	3:45 - 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM	-	YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	3-Oct	3:45 - 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	4-Oct	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	5-Oct	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		<u> </u>	OFF	OFF	OFF
Sunday	6-Oct	OFF	OFF	OFF	OFF		ļ	OFF	OFF	OFF
Monday	7-Oct	3:45 - 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		<u> </u>	OFF	OFF	OFF
Tuesday	8-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	9-Oct	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		 	OFF	OFF	OFF
Thursday	10-Oct	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DI	OFF	OFF	OFF
Friday	11-Oct	3:45 - 6:15PM 7:00 - 9:00AM	OFF OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday Sunday	12-Oct 13-Oct	7:00 - 9:00AM OFF	OFF	8:00 - 9:30AM OFF	8:00 - 9:30AM OFF		 	OFF OFF	OFF OFF	OFF OFF
Sunday	13-UCT	OFF	OFF	OFF	OFF		1	OFF	OFF	OFF

SENIOR - JUNIOR 2									YOGA	YOGA	YOGA
SENIORS SENIORS JUNIOR 2 JUNIOR 1 MEETS SENIORS JUNIOR 2 JUNIOR 2 JUNIOR 2 JUNIOR 3 JUNI									DRY LAND	DRY LAND	DRY LAND
SENIORS SENIOR/JUNIOR 2 JUNIOR 1 MEETS SENIORS JUNIOR 2 JUNIOR 3 JUNIOR		SENIOR - JU	NIOR 2 - JUNIOR 1	PRACTICE SCHEDULE					COMMENTS	COMMENTS	COMMENTS
Monday 14-Oct 34.85 - 615PM OFF 34.5 - 530PM 6.01.5 - 7.45PM D.						ILINIOR 1	MFFTS				
Monday			SEITIONS		JOHIONE	301110112	1412213		SEITIONS	301110112	3011101112
Tuesday 15-Oct 345 - 6.00PM 530 - 6.45AM 345 - 5.30PM 6.00 - 7.30PM VOGA 6.15f-6.55pm 5.45f-6.15pm 5.15f-f.745pm VOGA 6.15f-6.55pm 5.45f-6.15pm VOGA 6.15f-6.55pm 5.45f-6.15pm VOGA 6.15f-6.55pm S.45f-6.15pm VOGA 6.15f-6.55pm VOGA 6.15f-6.5				DOOBLES							
Tuesday 15-Oct 345 - 6.00PM 530 - 6.45AM 345 - 5.30PM 6.00 - 7.30PM VOGA 6.15f-6.55pm 5.45f-6.15pm 5.15f-f.745pm VOGA 6.15f-6.55pm 5.45f-6.15pm VOGA 6.15f-6.55pm 5.45f-6.15pm VOGA 6.15f-6.55pm S.45f-6.15pm VOGA 6.15f-6.55pm VOGA 6.15f-6.5	Monday	14-Oct	2:45 - 6:15DM	OFF	2:45 - 5:30DM	6·15 - 7·//5DM			OEE	OFF	OFF
Wednesday 15-Oct 343 - 6.00PM DF 345 - 5.30PM 6.00 - 7.30PM DF DF DF DF DF DF DF D								DI			5:15-5:45pm
Thursday 17-Oct 3.45 - 6.00PM 5.30 - 6.45AM 3.45 - 5.30PM 6.00 - 7.30PM OFF	,									•	5:15-5:45pm
Saturday 38-Oct 3-45 - 515PN OFF											OFF
Sunday 20-Oct OFF		18-Oct									OFF
Monday 21-Or 3435-615PM OFF 345-530PM 6:05-745PM D. 6:15-655pm 5:15-615pm 5:	Saturday	19-Oct	OFF	OFF	OFF	OFF	CHAPPY'S @ LIAC		OFF	OFF	OFF
Tuesday 22-Oct 3:45 -6:00PM 5:30 -6:45AM 3:45 -5:30PM 6:00 -7:30PM VOGA 6:15-6:55pm 5:45-6:15pm 5:15-15	Sunday	20-Oct	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Wednesday 23-Oct 3:45 = 6:00PM OFF 3:45 = 5:30PM 6:00 - 7:30PM OFF O	Monday	21-Oct	3:45 – 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Thursday 24-Oct 3:45 - 6:00PM 5:30 - 6:45AM 3:45 - 5:30PM 6:00 - 7:30PM DL 6:15-6:55pm 5:45-6:15pm 5:15-6:15pm 5:15-6:15	Tuesday	22-Oct		5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Seridary 25-Oct 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:15 - 7:45PM DL 6:15-6:55pm 5:45-6:15pm 5:15-6:15pm 5:15-	Wednesday	23-Oct			3:45 - 5:30PM			YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday 26-Oct 7:00-9:00AM OFF 0:00-9:30AM 0:	Thursday	24-Oct		5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Sunday 27-Oct OFF								DL			5:15-5:45pm
Monday 28-Oct 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:15 - 7:45PM DL 6:15 - 6:55pm 5:45 - 6:15pm 5:15 - 7:45PM DL 6:15 - 6:55pm 5:45 - 6:15pm 5:15 - 7:45PM DL 6:15 - 6:55pm 5:45 - 6:15pm 5:15 - 7:45PM DL 6:15 - 6:55pm 5:45 - 6:15pm 5:15 - 7:45PM DL 6:15 - 6:55pm 5:45 - 6:15pm 5:15 - 7:45PM DL 6:15 - 6:55pm 5:45 - 6:15pm 5:15 - 7:45PM DL 6:15 - 6:55pm 5:45 - 6:15pm 5:15 - 7:45PM DL CR CR CR CR CR CR CR C											OFF
Tuesday 29-Oct 3:45 - 6:00PM 5:30 - 6:45AM 3:45 - 5:30PM 6:00 - 7:30PM YOGA 6:15-6:55pm 5:45-6:15pm 5:15-15pm 5:15-1											OFF
Wednesday 30-Oct 3:45 - 6:00PM OFF 3:45 - 5:30PM 5:00 - 7:30PM NOGA 6:15-6:55pm 5:45-6:15pm 5:15-6:55pm 5:45-6:15pm 5:15-6:55pm 5:45-6:15pm 5:15-6:55pm 5:	,										OFF
Thursday 31-Oct 3:45 - 6:00PM 5:30 - 6:45AM 3:45 - 5:30PM 6:15 - 7:45PM DL 6:15-6:55pm 5:45-6:15pm 5:15-5											5:15-5:45pm
Friday 1-Nov 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:15 - 7:45PM DL 6:15 - 6:55pm 5:45 - 6:15pm 5:15 - 6:15pm 3:40 - 3:40 OFF 0:00 - 10:30AM 9:00 - 10:30AM 0:15 - 6:15pm 0:15 -					3:45 – 5:30PM			YOGA			5:15-5:45pm
Saturday 2-Nov 7:00 - 9:00AM OFF 9:00 - 10:30AM					3:45 - 5:30PM		HALLOWEEN WORKOUT				OFF
Sunday 3-Nov OFF											5:15-5:45pm 8:00-8:45am
Monday 4-Nov 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:15 - 7:45PM DL 6:15 - 6:155pm 5:45 - 6:15pm 5:15 - 6:15pm 5:15 - 6:15pm 5:45 - 6:15pm 5:15 - 6:15pm								TUGA			8:00-8:45am
Tuesday S-Nov 3:45 -6:00PM S:30 -6:45AM 3:45 -5:30PM 6:00 -7:30PM DL 6:15-6:55pm S:45-6:15pm S:15-6:15pm S:45-6:15pm S											OFF
Wednesday 6-Nov 3:45 - 6:00PM OFF 3:45 - 5:30PM 6:00 - 7:30PM YOGA 6:15-6:55pm 5:45-6:15pm 5:15-5 Thursday 7-Nov 3:45 - 6:00PM 5:30 - 6:45AM 3:45 - 5:30PM 6:00 - 7:30PM DL 0FF 0FF 0FF Friday 8-Nov 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:10 - 7:45PM DL 6:15-6:55pm 5:45-6:15pm 5:15-5 Saturday 9-Nov 7:00 - 9:00AM OFF 9:00 - 10:30AM 9:00 - 10:30AM YOGA 9:15-10:00am 8:00-8:45am 8:00-8:45am 8:00-8:45am 8:00-8:45am 8:00-8:45am 8:00-8:45am 8:00-9:15-10:00am 8:00-8:15-10:00am 8:00-8:15-10:00am 8:00-8:15-10:00am 8:00-8:15-10:00am 8:00-8:15-10:00am 8:								DI			5:15-5:45pm
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Sunday 10-Nov OFF				OFF				YOGA			8:00-8:45am
Tuesday 12-Nov 3:45 - 6:00PM 5:30 - 6:45AM 3:45 - 5:30PM 6:00 - 7:30PM YOGA 6:15-6:55pm 5:45-6:15pm 5:15-6 Wednesday 13-Nov 3:45 - 6:00PM OFF 3:45 - 5:30PM 6:00 - 7:30PM YOGA 6:15-6:55pm 5:45-6:15pm 5:15-6 Thursday 14-Nov 3:45 - 6:00PM 5:30 - 6:45AM 3:45 - 5:30PM 6:00 - 7:30PM DL Optional 6:15-6:55pm OFF OFF OFF OFF OFF OFF OFF OFF OFF OF											OFF
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Thursday 14-Nov 3:45 - 6:00PM 5:30 - 6:45AM 3:45 - 5:30PM 6:00 - 7:30PM DL Optional 6:15-6:55pm 0FF OFF OFF OFF OFF OFF OFF OFF OFF OFF	Tuesday	12-Nov	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Friday 15-Nov 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:15 - 7:45PM DL Optional 6:15-6:55pm OFF Saturday 16-Nov OFF	Wednesday	13-Nov	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday 16-Nov OFF OFF OFF OFF TREASURE ISLAND @ BAC OFF OFF OFF Sunday 17-Nov OFF OFF OFF OFF OFF TREASURE ISLAND @ BAC OFF OFF OFF Monday 18-Nov 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:15 - 7:45PM OFF	Thursday	14-Nov	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
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Wednesday 20-Nov 3:45 - 6:00PM OFF 3:45 - 5:30PM 6:00 - 7:30PM YOGA 6:15-6:55pm 5:45-6:15pm 5:15-6:15pm 5:15-6:15											OFF
Thursday 21-Nov 3:45 - 6:00PM 5:30 - 6:45AM 3:45 - 5:30PM 6:00 - 7:30PM OFF OFF Friday 22-Nov 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:15 - 7:45PM DL 6:15-6:55pm 5:45-6:15pm 5:15-1											5:15-5:45pm
Friday 22-Nov 3:45 - 6:15PM OFF 3:45 - 5:30PM 6:15 - 7:45PM DL 6:15-6:55pm 5:45-6:15pm 5:15-6								YOGA			5:15-5:45pm
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Saturgay 23-Nov 7:00-9:00AM OFF 9:00-10:30AM 9:00-10:30AM YOGA 9:15-10:00am 8:00-8:45am 8:00-										•	5:15-5:45pm
Sunday 24-Nov OFF OFF OFF OFF OFF OFF								YOGA			8:00-8:45am OFF

Monday 25-Nov Tuesday 26-Nov Wednesday 27-Nov Thursday 28-Nov Friday 29-Nov Saturday 30-Nov Sunday 1-Dec Monday 2-Dec Tuesday 3-Dec Friday 6-Dec Friday 6-Dec Saturday 3-Dec Monday 1-Dec Wednesday 4-Dec Thursday 5-Dec Friday 6-Dec Saturday 10-Dec Wednesday 10-Dec Wednesday 11-Dec Tuesday 12-Dec Triday 13-Dec Thursday 12-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Tuesday 15-Dec Monday 16-Dec Tuesday 17-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 18-Dec Tuesday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 22-Dec Monday 23-Dec Tuesday 24-Dec Tuesday 24-Dec Tuesday 25-Dec D Thursday 26-Dec D	3:45 – 6:00PM 3:45 – 6:00PM 3:45 – 6:00PM 3:45 – 6:00PM 7:00 - 9:00AM 7:00 - 9:00AM 7:00 - 9:00AM 7:00 - 9:00AM 4:00 - 5:30PM 4:00 - 5:30PM	M OFF M OFF M OFF M OFF M OFF F OFF	3:45 – 5:30PM 3:45 – 5:30PM 3:45 – 5:30PM OFF 9:00 - 10:30AM 9:00 - 10:30AM	6:00 - 7:30PM 6:00 - 7:30PM 6:00 - 7:30PM OFF	MEETS	DL	DRY LAND COMMENTS SENIORS OFF 6:15-6:55pm	DRY LAND COMMENTS JUNIOR 2 OFF 5:45-6:15pm	DRY LAND COMMENTS JUNIOR 1 OFF
Monday 25-Nov Tuesday 26-Nov Wednesday 27-Nov Thursday 28-Nov Friday 29-Nov Saturday 30-Nov Sunday 1-Dec Monday 2-Dec Tuesday 3-Dec Friday 6-Dec Friday 6-Dec Sunday 10-Dec Monday 9-Dec Thursday 10-Dec Wednesday 11-Dec Monday 11-Dec Tuesday 11-Dec Tuesday 11-Dec Thursday 12-Dec Friday 13-Dec Thursday 12-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Thursday 15-Dec Thursday 15-Dec Monday 16-Dec Tuesday 17-Dec Sunday 17-Dec Sunday 17-Dec Wednesday 18-Dec Tuesday 17-Dec Tuesday 19-Dec Tiesday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 22-Dec Monday 23-Dec Tuesday 24-Dec Tuesday 24-Dec Tuesday 25-Dec D Thursday 26-Dec D Thursday 26-Dec D Thursday 26-Dec D Thursday 26-Dec D	3:45 – 6:00PM 3:45 – 6:00PM 3:45 – 6:00PM 7:00 - 9:00AM 7:00 - 9:00AM OFF 4:00 - 5:30PM 4:00 - 5:30PM	SENIOR/JUNIOR 2 DOUBLES	3:45 – 5:30PM 3:45 – 5:30PM 3:45 – 5:30PM OFF 9:00 - 10:30AM 9:00 - 10:30AM	6:00 - 7:30PM 6:00 - 7:30PM 6:00 - 7:30PM OFF	MEETS	DL	SENIORS OFF	JUNIOR 2	JUNIOR 1 OFF
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Monday 25-Nov Tuesday 26-Nov Wednesday 27-Nov Thursday 28-Nov Friday 29-Nov Saturday 30-Nov Sunday 1-Dec Monday 2-Dec Tuesday 3-Dec Wednesday 4-Dec Thursday 5-Dec Friday 6-Dec Saturday 7-Dec Sunday 10-Dec Wednesday 10-Dec Wednesday 10-Dec Wednesday 11-Dec Tuesday 11-Dec Tuesday 11-Dec Tuesday 11-Dec Tuesday 11-Dec Thursday 12-Dec Friday 13-Dec Saturday 7-Dec Saturday 7-Dec Saturday 14-Dec Thursday 15-Dec Thursday 15-Dec Saturday 17-Dec Wednesday 17-Dec Sunday 15-Dec Tuesday 17-Dec Tuesday 19-Dec Tuesday 19-Dec Sturday 20-Dec Saturday 21-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec Tuesday 25-Dec D Tuesday 25-Dec D Thursday 26-Dec D Thursday 26-Dec D Thursday 26-Dec D	3:45 – 6:00PM 3:45 – 6:00PM 3:45 – 6:00PM 7:00 - 9:00AM 7:00 - 9:00AM OFF 4:00 - 5:30PM 4:00 - 5:30PM	DOUBLES	3:45 – 5:30PM 3:45 – 5:30PM 3:45 – 5:30PM OFF 9:00 - 10:30AM 9:00 - 10:30AM	6:00 - 7:30PM 6:00 - 7:30PM 6:00 - 7:30PM OFF	MELIS	DL	OFF	OFF	OFF
Tuesday 26-Nov Wednesday 27-Nov Thursday 28-Nov Friday 29-Nov Saturday 30-Nov Sunday 1-Dec Monday 2-Dec Tuesday 3-Dec Wednesday 4-Dec Thursday 5-Dec Friday 6-Dec Saturday 7-Dec Sunday 8-Dec Wednesday 4-Dec Thursday 10-Dec Wednesday 11-Dec Thursday 10-Dec Wednesday 11-Dec Thursday 11-Dec Thursday 12-Dec Thursday 11-Dec Thursday 11-Dec Thursday 11-Dec Thursday 11-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 17-Dec Wednesday 11-Dec Tuesday 12-Dec Tuesday 12-Dec Tuesday 12-Dec Tuesday 12-Dec Thursday 12-Dec Thursday 12-Dec Thursday 12-Dec Saturday 21-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec Tuesday 24-Dec Tuesday 25-Dec D Thursday 26-Dec D Thursday 26-Dec D	3:45 - 6:00PM 3:45 - 6:00PM 7:00 - 9:00AM 7:00 - 9:00AM 7:00 - 9:00AM OFF 4:00 - 5:30PM 4:00 - 5:30PM 4:00 - 5:00PM	M OFF M OFF M OFF M OFF M OFF M OFF F OFF	3:45 – 5:30PM 3:45 – 5:30PM OFF 9:00 - 10:30AM 9:00 - 10:30AM	6:00 - 7:30PM 6:00 - 7:30PM OFF		DL			
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Sunday 1-Dec Monday 2-Dec Tuesday 3-Dec Wednesday 4-Dec Thursday 5-Dec Friday 5-Dec Friday 6-Dec Saturday 7-Dec Sunday 8-Dec Monday 9-Dec Tuesday 10-Dec Wednesday 11-Dec Thursday 12-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Monday 14-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 17-Dec Sunday 15-Dec Saturday 12-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 18-Dec Sunday 19-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Undensday 23-Dec Duednesday 24-Dec Tuesday 25-Dec Duednesday 25-Dec Duednesday 25-Dec Duednesday 26-Dec	7:00 - 9:00AM OFF 4:00 - 5:30PM 4:00 - 5:30PM 4:00 - 5:00PM	M OFF		9:00 - 10:30AM			OFF	OFF	OFF
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Wednesday 4-Dec Thursday 5-Dec Friday 6-Dec Saturday 7-Dec Sunday 8-Dec Monday 9-Dec Tuesday 10-Dec Wednesday 11-Dec Thursday 12-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Monday 15-Dec Monday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 17-Dec Wednesday 12-Dec Tuesday 17-Dec Undersday 18-Dec Tuesday 19-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Undersday 23-Dec Monday 23-Dec Tuesday 24-Dec Undersday 25-Dec D Thursday 25-Dec D Thursday 26-Dec D	4:00 - 5:00PM		4:00 - 5:30PM	5:30 - 7:00PM			OFF	OFF	OFF
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Friday 6-Dec Saturday 7-Dec Sunday 8-Dec Monday 9-Dec Tuesday 10-Dec Wednesday 11-Dec Thursday 12-Dec Friday 13-Dec Saturday 15-Dec Sunday 15-Dec Monday 15-Dec Monday 15-Dec Monday 15-Dec Monday 15-Dec Monday 17-Dec Wednesday 17-Dec Wednesday 19-Dec Friday 20-Dec Saturday 21-Dec Saturday 21-Dec Sunday 21-Dec Sunday 21-Dec Sunday 22-Dec Monday 23-Dec Monday 23-Dec Monday 23-Dec D Thursday 25-Dec D Thursday 25-Dec D	OFF		4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Saturday 7-Dec Sunday 8-Dec Monday 9-Dec Tuesday 10-Dec Wednesday 11-Dec Thursday 12-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Monday 15-Dec Monday 15-Dec Monday 17-Dec Wednesday 17-Dec Wednesday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 21-Dec Sunday 22-Dec Monday 23-Dec Monday 23-Dec Monday 23-Dec Monday 23-Dec Monday 24-Dec Sunday 24-Dec Tuesday 25-Dec D Thursday 26-Dec D			OFF	OFF	STAR INVITE @ BUFFALO		OFF	OFF	OFF
Sunday 8-Dec	OFF		OFF	OFF	STAR INVITE @ BUFFALO		OFF	OFF	OFF
Monday 9-Dec Tuesday 10-Dec Wednesday 11-Dec Thursday 12-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 18-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Sunday 22-Dec Monday 23-Dec Duesday 24-Dec Duesday 24-Dec Duesday 24-Dec Duesday 24-Dec Duesday 25-Dec Duesday 26-Dec Duesday Duesday Duesday Duesday Duesday	OFF		OFF	OFF	STAR INVITE @ BUFFALO		OFF	OFF	OFF
Tuesday 10-Dec Wednesday 11-Dec Thursday 12-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 18-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 21-Dec Sunday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec Wednesday 25-Dec D Thursday 26-Dec D	OFF		OFF	OFF	STAR INVITE @ BUFFALO		OFF	OFF	OFF
Wednesday 11-Dec Thursday 12-Dec Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 18-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec D Tuesday 24-Dec D Wednesday 25-Dec D Thursday 26-Dec D	4:00 - 5:00PM		4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Thursday 12-Dec	3:45 – 6:00PM		3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Friday 13-Dec Saturday 14-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 18-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec Wednesday 25-Dec Thursday 26-Dec D Thursday	3:45 – 6:00PM		3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday 14-Dec Sunday 15-Dec Monday 16-Dec Tuesday 17-Dec Wednesday 18-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec Tuesday 24-Dec D Thursday 25-Dec D Thursday 26-Dec D	3:45 – 6:00PM		3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Sunday 15-Dec	3:45 - 6:15PM		3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm OFF	5:45-6:15pm OFF	5:15-5:45pm OFF
Monday 16-Dec Tuesday 17-Dec Wednesday 18-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec D Wednesday 25-Dec D Thursday 26-Dec D Thursday 26-Dec D	7:00 - 8:45AM OFF		7:00 - 8:15AM OFF	7:00 - 8:15AM OFF			OFF	OFF	OFF
Tuesday 17-Dec Wednesday 18-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec Wednesday 25-Dec D Thursday 26-Dec D	3:45 – 6:15PM		3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Wednesday 18-Dec Thursday 19-Dec Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec Wednesday 25-Dec Thursday 26-Dec D	3:45 – 6:00PM		3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	3:45 – 6:00PM		3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Friday 20-Dec Saturday 21-Dec Sunday 22-Dec Monday 23-Dec Tuesday 24-Dec Wednesday 25-Dec Thursday 26-Dec D	3:45 – 6:00PM		3:45 - 5:30PM	6:00 - 7:30PM		TOUR	OFF	OFF	OFF
Saturday 21-Dec Sunday 22-Dec Monday 23-Dec D Tuesday 24-Dec D Wednesday 25-Dec D Thursday 26-Dec D	3:45 – 6:15PM		3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Sunday 22-Dec Monday 23-Dec D Tuesday 24-Dec D Wednesday 25-Dec D Thursday 26-Dec D	7:00 - 9:00AM		9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Tuesday 24-Dec D Wednesday 25-Dec D Thursday 26-Dec D	7:00 - 9:00AM		DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Wednesday 25-Dec D Thursday 26-Dec D	DECEMBER BREAK		DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Thursday 26-Dec D	DECEMBER BREAK	AK DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
	DECEMBER BREAK	AK DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Friday 27-Doc D	DECEMBER BREAK	AK DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
riluay 27-Dec D	DECEMBER BREAK		DECEMBER BREAK	DECEMBER BREAK			DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK
Saturday 28-Dec	4:00 – 6:00PM		4:00 - 6:00PM	4:00 - 6:00PM			OFF	OFF	OFF
Sunday 29-Dec			9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Monday 30-Dec	7:00 - 9:00AM		9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Tuesday 31-Dec	7:00 - 9:00AM		9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Wednesday 1-Jan	7:00 - 9:00AM 7:00 - 9:00AM		3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Thursday 2-Jan	7:00 - 9:00AM 7:00 - 9:00AM OFF		3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday 3-Jan	7:00 - 9:00AM 7:00 - 9:00AM OFF 3:45 - 6:00PM		3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday 4-Jan Sunday 5-Jan	7:00 - 9:00AM 7:00 - 9:00AM OFF	M 5:30 - 6:45AM OFF OFF	9:00 - 10:30AM OFF	9:00 - 10:30AM OFF		YOGA	9:15-10:00am OFF	8:00-8:45am OFF	8:00-8:45am OFF

								YOGA	YOGA	YOGA
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	SENIOR - JU	NIOR 2 - JUNIOR 1	PRACTICE SCHEDULE					COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		SEITIONS	DOUBLES	JOHIONE	JOHIONI	IVILLIO		SEITIONS	JOHIONE	3011101112
			DOOBLES							
Monday	6-Jan	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	7-Jan	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		DL	Optional 6:15-6:55pm	OFF	OFF
Wednesday	8-Jan	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 7:00PM		- DL	OFF	OFF	OFF
Thursday	9-Jan	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Friday	10-Jan	OFF	OFF	OFF	OFF	SPEEDO INVITE @ TBA		OFF	OFF	OFF
Saturday	11-Jan	OFF	OFF	OFF	OFF	SPEEDO INVITE @ TBA		OFF	OFF	OFF
Sunday	12-Jan	OFF	OFF	OFF	OFF	SPEEDO INVITE @ TBA		OFF	OFF	OFF
Monday	13-Jan	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Tuesday	14-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	15-Jan	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	16-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	17-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	18-Jan	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	19-Jan	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	20-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	21-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	22-Jan	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	23-Jan	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	24-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	OFF	OFF
Saturday	25-Jan	7:00 - 8:30AM	OFF	OFF	OFF	PRO BOWL @ BAC		OFF	OFF	OFF
Sunday	26-Jan	OFF	OFF	OFF	OFF	PRO BOWL @ BAC		OFF	OFF	OFF
Monday	27-Jan	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	28-Jan	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	29-Jan	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	30-Jan	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	31-Jan	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday Sunday	1-Feb 2-Feb	7:00 - 9:00AM OFF	OFF OFF	9:00 - 10:30AM OFF	9:00 - 10:30AM OFF		YOGA	9:15-10:00am OFF	8:00-8:45am OFF	8:00-8:45am OFF
Monday	2-Feb 3-Feb	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		!	OFF	OFF	OFF
Tuesday	3-Feb 4-Feb	3:45 - 6:15PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	5-Feb	3:45 – 6:00PM	5:30 - 6:45AW	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	6-Feb	3:45 – 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		TOGA	0:15-0:55pm	5:45-6:15pm OFF	5:15-5:45pm OFF
Friday	7-Feb	3:45 – 5:00PM	0.43AW	3:45 – 5:00PM	3:45 - 5:00PM		DL	Optional 6:15-6:55pm	OFF	OFF
Saturday	8-Feb	0FF	OFF	0FF	OFF	JW SWEETHEART @ GCIT		OFF	OFF	OFF
Sunday	9-Feb	OFF	OFF	OFF	OFF	JW SWEETHEART @ GCIT		OFF	OFF	OFF
Monday	10-Feb	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	11-Feb	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	12-Feb	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	13-Feb	3:45 - 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	14-Feb	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	15-Feb	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	16-Feb	OFF	OFF	OFF	OFF		İ	OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JU	INIOR 2 - JUNIOR 1	PRACTICE SCHEDULE					COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		SEITIONS	DOUBLES	JOHIONE	301110111	1012213		SEITIONS	JOHNORE	3011101112
			DOOBLES							
Monday	17-Feb	3:45 – 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	18-Feb	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	19-Feb	3:45 - 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	20-Feb	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	21-Feb	3:45 - 6:15PM	OFF	OFF	OFF	SALMON RUN @ BAC	DL	6:15-6:55pm	OFF	OFF
Saturday	22-Feb	6:00 - 7:30AM	OFF	6:00 - 7:00AM	OFF	NJS 12 & U SB CHAMPS		OFF	OFF	OFF
Sunday	23-Feb	OFF	OFF	OFF	OFF	NJS 12 & U SB CHAMPS		OFF	OFF	OFF
Monday	24-Feb	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	25-Feb	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	26-Feb	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	27-Feb	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	28-Feb	3:45 - 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	29-Feb	6:00 - 7:30AM	OFF	6:00 - 7:00AM	6:00 - 7:00AM	NJS 13 & O SB CHAMPS		OFF	OFF	OFF
Sunday	1-Mar	OFF	OFF	OFF	OFF	NJS 13 & O SB CHAMPS		OFF	OFF	OFF
Monday	2-Mar	3:45 – 6:15PM	5:30 - 6:45AM	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	3-Mar	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	4-Mar	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	5-Mar	3:45 – 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	6-Mar	3:45 - 6:15PM	OFF OFF	3:45 – 5:30PM 9:00 - 10:30AM	6:15 - 7:45PM		DL YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday Sunday	7-Mar 8-Mar	7:00 - 9:00AM OFF	OFF	9:00 - 10:30AM OFF	9:00 - 10:30AM OFF		YUGA	9:15-10:00am OFF	8:00-8:45am OFF	8:00-8:45am OFF
Monday	9-Mar	OFF	OFF	OFF	OFF	MONDAY MAYHEM @ BAC		OFF	OFF	OFF
Tuesday	10-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM	WONDAT WATHEW & BAC	DL	Optional 6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	11-Mar	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM		DL	OFF	0FF	0FF
Thursday	12-Mar	4.00 - 3.00FW	OFF	4.00 - 3.00FW	0FF	NJS SENIOR CHAMPS @ BAC		OFF	OFF	OFF
Friday	13-Mar	OFF	OFF	OFF	OFF	NJS SENIOR CHAMPS @ BAC		OFF	OFF	OFF
Saturday	14-Mar	OFF	OFF	OFF	OFF	NJS SENIOR CHAMPS @ BAC		OFF	OFF	OFF
Sunday	15-Mar	OFF	OFF	OFF	OFF	NJS SENIOR CHAMPS @ BAC		OFF	OFF	OFF
Monday	16-Mar	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	17-Mar	3:45 - 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Wednesday	18-Mar	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Thursday	19-Mar	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	20-Mar	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Saturday	21-Mar	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM			OFF	OFF	OFF
Sunday	22-Mar	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	23-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM			OFF	OFF	OFF
Tuesday	24-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM			OFF	OFF	OFF
Wednesday	25-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM	SECTIONALS - TENTATIVE		OFF	OFF	OFF
Thursday	26-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM	SECTIONALS - TENTATIVE		OFF	OFF	OFF
Friday	27-Mar	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM	SECTIONALS - TENTATIVE		OFF	OFF	OFF
Saturday	28-Mar	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	SECTIONALS - TENTATIVE		OFF	OFF	OFF
Sunday	29-Mar	OFF	OFF	OFF	OFF	SECTIONALS - TENTATIVE		OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JU	INIOR 2 - JUNIOR 1	PRACTICE SCHEDULE					COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		SEITIONS	DOUBLES	JOHIONE	301110112	WEETS		SEITIONS	JOHIONE	301110111
			DOOBLES							
Monday	30-Mar	3:45 – 5:30PM	OFF	3:45 - 5:15PM	5:30 - 6:45PM			OFF	OFF	OFF
Tuesday	31-Mar	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM		DL	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Wednesday	1-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM	SENIORS	YOGA	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Thursday	2-Apr	3:45 - 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM	MAY		OFF	OFF	OFF
Friday	3-Apr	OFF	OFF	OFF	OFF	TAKE		OFF	OFF	OFF
Saturday	4-Apr	OFF	OFF	OFF	OFF	ANY		OFF	OFF	OFF
Sunday	5-Apr	OFF	OFF	OFF	OFF	FOUR		OFF	OFF	OFF
Monday	6-Apr	3:45 - 5:30PM	OFF	3:45 - 5:15PM	5:30 - 6:45PM	WORKOUTS		OFF	OFF	OFF
Tuesday	7-Apr	3:45 - 5:30PM	OFF	3:45 - 5:15PM	5:30 - 6:45PM	OFF	DL	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Wednesday	8-Apr	3:45 - 5:30PM	OFF	3:45 - 5:15PM	5:30 - 6:45PM	BETWEEN	YOGA	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Thursday	9-Apr	3:45 - 5:30PM	OFF	3:45 - 5:15PM	5:30 - 6:45PM	3/30/2019		OFF	OFF	OFF
Friday	10-Apr	OFF	OFF	OFF	OFF	AND		OFF	OFF	OFF
Saturday	11-Apr	OFF	OFF	OFF	OFF	4/16/2019		OFF	OFF	OFF
Sunday	12-Apr	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	13-Apr	3:45 - 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM			OFF	OFF	OFF
Tuesday	14-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM		DL	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Wednesday	15-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM		YOGA	5:50-6:20pm	5:25-5:50pm	4:50-5:15pm
Thursday	16-Apr	3:45 – 5:30PM	OFF	3:45 – 5:15PM	5:30 - 6:45PM			OFF	OFF	OFF
Friday	17-Apr	OFF OFF	OFF OFF	OFF OFF	OFF OFF	APRIL PLUNGE @ BAC		OFF OFF	OFF OFF	OFF OFF
Saturday Sunday	18-Apr 19-Apr	OFF	OFF	OFF	OFF	APRIL PLUNGE @ BAC		OFF	OFF	OFF
Monday	20-Apr	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	20-Apr	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	22-Apr	3:45 – 6:00PM	0.50 - 0.45AW	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	23-Apr	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		TOUR	OFF	OFF	OFF
Friday	24-Apr	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	25-Apr	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	26-Apr	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	27-Apr	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	28-Apr	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	29-Apr	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	30-Apr	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	1-May	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	2-May	OFF	OFF	OFF	OFF	SPRING INVITE @ BAC		OFF	OFF	OFF
Sunday	3-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	4-May	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	5-May	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	6-May	3:45 - 6:00PM	OFF	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	7-May	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		l	OFF	OFF	OFF
Friday	8-May	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	9-May	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	10-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JU	INIOR 2 - JUNIOR 1	PRACTICE SCHEDULE					COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
			DOUBLES							
Monday	11-May	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	12-May	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	13-May	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	14-May	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	15-May	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	16-May	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	17-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	18-May	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	19-May	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	20-May	4:00 - 5:30PM	OFF	4:00 - 5:30PM	5:30 - 6:45PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	21-May	4:00 - 5:00PM	OFF	4:00 - 5:00PM	4:00 - 5:00PM			OFF	OFF	OFF
Friday	22-May	OFF	OFF	OFF	OFF	MEMORIAL DAY @ TBA		OFF	OFF	OFF
Saturday	23-May	OFF	OFF	OFF	OFF	MEMORIAL DAY @ TBA		OFF	OFF	OFF
Sunday	24-May	OFF	OFF	OFF	OFF	MEMORIAL DAY @ TBA		OFF	OFF	OFF
Monday	25-May	3:45 - 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	26-May	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM	·	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	27-May	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM	·	YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	28-May	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM	·		OFF	OFF	OFF
Friday	29-May	3:45 – 6:15PM	OFF	3:45 - 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	30-May	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	31-May	OFF	OFF	OFF	OFF			OFF	OFF	OFF

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JU	JNIOR 2 - JUNIOR 1	PRACTICE SCHEDULE					COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
			DOUBLES							
Monday	1-Jun	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	2-Jun	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday	3-Jun	3:45 - 6:00PM	OFF	3:45 - 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday Friday	4-Jun 5-Jun	3:45 – 6:00PM 3:45 – 6:15PM	5:30 - 6:45AM OFF	3:45 – 5:30PM 3:45 – 5:30PM	6:00 - 7:30PM 6:15 - 7:45PM		DL	OFF 6:15-6:55pm	OFF 5:45-6:15pm	OFF 5:15-5:45pm
Saturday	6-Jun	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	7-Jun	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday Tuesday	8-Jun 9-Jun	3:45 – 6:15PM 3:45 – 6:00PM	OFF 5:30 - 6:45AM	3:45 - 5:30PM 3:45 - 5:30PM	6:15 - 7:45PM 6:00 - 7:30PM		DL	OFF 6:15-6:55pm	OFF 5:45-6:15pm	OFF 5:15-5:45pm
Wednesday	10-Jun	3:45 – 6:00PM	0.45AW	3:45 – 5:30PM	6:00 - 7:30PM		YOGA	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Thursday	11-Jun	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	12-Jun	3:45 – 6:15PM	OFF	OFF	OFF	FRI NIGHT MEETS @ BAC	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday Sunday	13-Jun 14-Jun	7:00 - 9:00AM OFF	OFF OFF	9:00 - 10:30AM OFF	9:00 - 10:30AM OFF		YOGA	9:15-10:00am OFF	8:00-8:45am OFF	8:00-8:45am OFF
Monday	15-Jun	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	16-Jun	3:45 - 6:00PM	5:30 - 6:45AM	3:45 - 5:30PM	6:00 - 7:30PM	<u> </u>	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Wednesday Thursday	17-Jun 18-Jun	3:45 – 6:00PM 3:45 – 6:00PM	OFF 5:30 - 6:45AM	3:45 – 5:30PM 3:45 – 5:30PM	6:00 - 7:30PM 6:00 - 7:30PM		YOGA	6:15-6:55pm OFF	5:45-6:15pm OFF	5:15-5:45pm OFF
Friday	19-Jun	3:45 – 6:15PM	0.43AW	0FF	0.00 - 7.30FW	FRI NIGHT MEETS @ BAC	DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	20-Jun	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	US OLYMPIC TRIALS	YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	21-Jun	OFF	OFF	OFF	OFF	US OLYMPIC TRIALS		OFF	OFF	OFF
Monday Tuesday	22-Jun 23-Jun	summer schedule	summer schedule	summer schedule	summer schedule	US OLYMPIC TRIALS US OLYMPIC TRIALS		summer schedule	summer schedule	summer schedule
Wednesday	24-Jun	TBD	TBD	TBD	TBD	US OLYMPIC TRIALS		TBD	TBD	TBD
Thursday	25-Jun					US OLYMPIC TRIALS				
Friday Saturday	26-Jun 27-Jun					FRI NIGHT MEETS @ BAC US OLYMPIC TRIALS				
Sunday	28-Jun					US OLYMPIC TRIALS				
Monday	29-Jun									
Tuesday Wednesday	30-Jun 1-Jul									
Thursday	2-Jul									
Friday	3-Jul									
Saturday Sunday	4-Jul									
Monday	6-Jul									
Tuesday	7-Jul									
Wednesday	8-Jul									
Thursday Friday	9-Jul 10-Jul									
Saturday	11-Jul									
Sunday	12-Jul									
Monday Tuesday	13-Jul 14-Jul									
Wednesday	15-Jul									
Thursday	16-Jul									
Friday Saturday	17-Jul 18-Jul						 			
Sunday	18-Jul									
Monday	20-Jul									
Tuesday Wednesday	21-Jul 22-Jul						-			
Thursday	22-Jul 23-Jul									
Friday	24-Jul									
Saturday	25-Jul						<u> </u>			
Sunday Monday	26-Jul 27-Jul						 			
Tuesday	28-Jul									
Wednesday	29-Jul									
Thursday Friday	30-Jul 31-Jul						 			
Saturday	1-Aug									
Sunday	2-Aug									
Monday	3-Aug						 			
Tuesday Wednesday	4-Aug 5-Aug						 			
Thursday	6-Aug									
Friday	7-Aug						ļ			
Saturday Sunday	8-Aug 9-Aug									
Monday	10-Aug									
Tuesday	11-Aug									
Wednesday Thursday	12-Aug 13-Aug						 			
mursday	13-Aug						1			

							YOGA	YOGA	YOGA
							DRY LAND	DRY LAND	DRY LAND
	SENIOR - JU	JNIOR 2 - JUNIOR 1	PRACTICE SCHEDULE				COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS	SENIORS	JUNIOR 2	JUNIOR 1
			DOUBLES						
Friday	14-Aug								
Saturday	15-Aug								
Sunday	16-Aug								

							YOGA	YOGA	YOGA
							DRY LAND	DRY LAND	DRY LAND
	SENIOR - JU	JNIOR 2 - JUNIOR 1	PRACTICE SCHEDULE				COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS	SENIORS	JUNIOR 2	JUNIOR 1
			DOUBLES						
Monday	17-Aug								
Tuesday	18-Aug								
Wednesday	19-Aug								
Thursday	20-Aug								
Friday	21-Aug								
Saturday	22-Aug								
Sunday	23-Aug								
Monday	24-Aug								
Tuesday	25-Aug								
Wednesday	26-Aug								
Thursday	27-Aug								
Friday									
Saturday	29-Aug								
Sunday									
Monday	31-Aug								
Tuesday									
Wednesday									
Thursday	3-Sep								