

								YOGA	YOGA	YOGA
								DRY LAND	DRY LAND	DRY LAND
	SENIOR - JUNIOR 2 - JUNIOR 1 PRACTICE SCHEDULE							COMMENTS	COMMENTS	COMMENTS
		SENIORS	SENIOR/JUNIOR 2	JUNIOR 2	JUNIOR 1	MEETS		SENIORS	JUNIOR 2	JUNIOR 1
		DOUBLES								
Monday	14-Oct	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	15-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	16-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	17-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	18-Oct	3:45 – 5:15PM	OFF	3:45 – 5:30PM	5:00 - 6:00PM			OFF	OFF	OFF
Saturday	19-Oct	OFF	OFF	OFF	OFF	CHAPPY'S @ LIAC		OFF	OFF	OFF
Sunday	20-Oct	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	21-Oct	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	22-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	23-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	24-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	25-Oct	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
Saturday	26-Oct	7:00 - 9:00AM	OFF	8:00 - 9:30AM	8:00 - 9:30AM			OFF	OFF	OFF
Sunday	27-Oct	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	28-Oct	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	29-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	30-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	31-Oct	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	3:45 – 5:30PM	HALLOWEEN WORKOUT		OFF	OFF	OFF
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	5:15-5:45pm
Saturday	2-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
Sunday	3-Nov	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	4-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF
Tuesday	5-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
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	5:15-5:45pm
Thursday	7-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	8-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	6:15-6:55pm	5:45-6:15pm	5:15-5:45pm
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
Sunday	10-Nov	OFF	OFF	OFF	OFF			OFF	OFF	OFF
Monday	11-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			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
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
Thursday	14-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	OFF	OFF
Friday	15-Nov	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM		DL	Optional 6:15-6:55pm	OFF	OFF
Saturday	16-Nov	OFF	OFF	OFF	OFF	TREASURE ISLAND @ BAC		OFF	OFF	OFF
Sunday	17-Nov	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	OFF	OFF
Tuesday	19-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
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	5:15-5:45pm
Thursday	21-Nov	3:45 – 6:00PM	5:30 - 6:45AM	3:45 – 5:30PM	6:00 - 7:30PM			OFF	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	5:15-5:45pm
Saturday	23-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM		YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am
Sunday	24-Nov	OFF	OFF	OFF	OFF			OFF	OFF	OFF