

| | | | | | | | | 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 | 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 | | | 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 | JIM WOOD MEMORIAL @ RU | | OFF | OFF | OFF |
| Saturday | 11-Jan | OFF | OFF | OFF | OFF | JIM WOOD MEMORIAL @ RU | | OFF | OFF | OFF |
| Sunday | 12-Jan | OFF | OFF | OFF | OFF | JIM WOOD MEMORIAL @ RU | | 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 | 4:00 - 5:30PM | DL | | 6:15-6:55pm | 5:45-6:15pm | OFF |
| Saturday | 1-Feb | 7:00 - 9:00AM | OFF | 9:00 - 10:00AM | 9:00 - 10:00AM | YOGA | | 9:15-10:00am | 8:00-8:45am | 8:00-8:45am |
| Sunday | 2-Feb | OFF | OFF | OFF | OFF | | | OFF | OFF | OFF |
| Monday | 3-Feb | 3:45 – 6:15PM | OFF | 3:45 – 5:30PM | 6:15 - 7:45PM | | | OFF | OFF | OFF |
| Tuesday | 4-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 | 5-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 | 6-Feb | 3:45 – 6:00PM | 5:30 - 6:45AM | 3:45 – 5:30PM | 6:00 - 7:30PM | | | OFF | OFF | OFF |
| Friday | 7-Feb | 3:45 – 5:00PM | OFF | 3:45 – 5:00PM | 3:45 - 5:00PM | DL | | Optional 6:15-6:55pm | OFF | OFF |
| Saturday | 8-Feb | OFF | OFF | OFF | 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 | | | OFF | OFF | OFF |