

								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	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						
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	CA TRAINING TRIP	OFF	OFF	TAKE		OFF	OFF	OFF	
Saturday	4-Apr	OFF	CA TRAINING TRIP	OFF	OFF	ANY		OFF	OFF	OFF	
Sunday	5-Apr	OFF	CA TRAINING TRIP	OFF	OFF	FOUR		OFF	OFF	OFF	
Monday	6-Apr	3:45 – 5:30PM	CA TRAINING TRIP	3:45 – 5:15PM	5:30 - 6:45PM	WORKOUTS		OFF	OFF	OFF	
Tuesday	7-Apr	3:45 – 5:30PM	CA TRAINING TRIP	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	CA TRAINING TRIP	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	CA TRAINING TRIP	3:45 – 5:15PM	5:30 - 6:45PM	3/30/2019		OFF	OFF	OFF	
Friday	10-Apr	OFF	CA TRAINING TRIP	OFF	OFF	AND		OFF	OFF	OFF	
Saturday	11-Apr	OFF	CA TRAINING TRIP	OFF	OFF	4/16/2019		OFF	OFF	OFF	
Sunday	12-Apr	OFF	CA TRAINING TRIP	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	
Saturday	18-Apr	OFF	OFF	OFF	OFF	APRIL PLUNGE @ BAC		OFF	OFF	OFF	
Sunday	19-Apr	OFF	OFF	OFF	OFF			OFF	OFF	OFF	
Monday	20-Apr	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM			OFF	OFF	OFF	
Tuesday	21-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	OFF	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	OPEN WATER NATS @ FL		OFF	OFF	OFF	
Friday	24-Apr	3:45 – 6:15PM	OFF	3:45 – 5:30PM	6:15 - 7:45PM	OPEN WATER NATS @ FL	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	OPEN WATER NATS @ FL	YOGA	9:15-10:00am	8:00-8:45am	8:00-8:45am	
Sunday	26-Apr	OFF	OFF	OFF	OFF	OPEN WATER NATS @ FL		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			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	