

2011 – 2012 JO Practice Schedule

Team	Mon	Tue	Wed	Thu	Fri	Sat	Sun
SENIOR	3:00-5:00pm	7:00-9:30pm	3:00-5:00pm	7:00-9:30pm		8:00-11:00am	
JO 13&U	3:00-5:00pm		4:00-6:00pm	3:30-5:30pm	3:30-5:30pm		
JO 14&O	5:00-7:00pm	7:00-9:30pm		7:00-9:30pm		8:00-11:00am	
HIGH SCHOOL	7:00-8:30pm		7:00-8:30pm		3:30-5:00pm		1:00-3:00pm
A.M. WORKOUT		5:30-7:00am		5:30-7:00am	5:30-7:00am		
CLASSROOM M	TBD						
PILATES	<p>September: •9/26 4:30-5:30pm • 9/28 5-6pm •</p> <p>October: •10/3 5:30pm • 10/5 5-6pm • 10/10 4:30-5:30pm • 10/17 4:30-5:30pm • 10/19 5-6pm •</p> <p>November: •11/7 4:30-5:30pm • 11/9 5-6pm • 11/14 4:30-5:30pm • 11/21 4:30-5:30pm • 11/30 5-6pm •</p> <p>December •12/5 4:30-5:30pm • 12/7 5-6pm • 12/12 4:30-5:30pm</p> <p>*Dates subject to change-please consult your calendar on a monthly basis</p>						