|  |  |  |  |  |  |
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|  |  |  | **2019-2020 Practice schedule** |  |  |
|  |  | **Mon, Oct 7** | **Tue, Oct 8** | **Wed, Oct 9** | **Thu, Oct 10** | **Fri, Oct 11** | **Sat Oct 12** | **Sun, Oct 13** |
| Competitive Development | PM | 3:30-4:30 UNB |  | 3:30-4:30 UNB |  | 3:30-4:30 UNB | 1:45-2:45 gym |  |
| 2:45-4:00 UNB |
|  |  |  |  |  |  |  |  |  |
|  |  | **Mon, Oct 7** | **Tue, Oct 8** | **Wed, Oct 9** | **Thu, Oct 10** | **Fri, Oct 11** | **Sat Oct 12** | **Sun, Oct 13** |
| Competitive2 | PM | 3:30-5:00 UNB |  | 3:30-5:00 UNB |  | 3:30-4:30 UNB | 5:15-7:15pmYMCA |  |
| 5:15-6:15 Gym |
|  |  |  |  |  |  |  |  |  |
|  |  | **Mon, Oct 7** | **Tue, Oct 8** | **Wed, Oct 9** | **Thu, Oct 10** | **Fri, Oct 11** | **Sat Oct 12** | **Sun, Oct 13** |
| Competitive1 | AM |  |  |  |  | 6:30-7:30 FIP | 6:45-9:00 FIP |  |
|
| PM | 4:00-5:00YMCA | 5:15-6:15 Gym | 5:45-7:00UNB |  | 7:00-8:30YMCA |  |  |
| 6:15-8:00 UNB |
|  |  |  |  |  |  |  |  |  |
|  |  | **Mon, Oct 7** | **Tue, Oct 8** | **Wed, Oct 9** | **Thu, Oct 10** | **Fri, Oct 11** | **Sat Oct 12** | **Sun, Oct 13** |
| Performance Development | AM | 5:45-7:30 FIP | 6:30-7:30 YOGA |  | 5:45-7:00 UNB |  | 6:45-9:00 FIP |  |
|
| PM | 7:00-8:30 UNB |  | 5:45-7:00 UNB | 5:15-6:15 Gym | 6:00-7:00 Gym |  |  |
| 6:15-8:00 UNB | 7:00-8:30 UNB |
|  |  |  |  |  |  |  |  |  |
|  |  | **Mon, Oct 7** | **Tue, Oct 8** | **Wed, Oct 9** | **Thu, Oct 10** | **Fri, Oct 11** | **Sat Oct 12** | **Sun, Oct 13** |
| Performance 2 | AM | 5:45-7:30 FIP | 6:30-7:30 YOGA | 5:45-7:30 FIP |  |  | 6:15-8:30 UNB |  |
| 9:00-10:00 Gym |
| PM |  | 3:45-5:30 UNB | 4:30-6:00UNB | 3:45-5:30 UNB |  | \*by invitation only 2:45-5:00pm | 2:45-5:00 UNB |
| 6:45-7:45 GYM |
|  |  |  |  |  |  |  |  |  |
|  |  | **Mon, Oct 7** | **Tue, Oct 8** | **Wed, Oct 9** | **Thu, Oct 10** | **Fri, Oct 11** | **Sat Oct 12** | **Sun, Oct 13** |
| Performance 1 | AM | 5:45-7:30 UNB | 6:30-7:30 YOGA |  | 5:45-7:30UNB | 5:45-7:30 UNB | 6:15-8:30 UNB |  |
| 9:00-10:00 Gym |
| PM | 4:15-5:15 GYM | 3:45-5:30 UNB |  | 3:45-5:30 UNB |  | 2:45-4:30 UNB |  |
| 5:15-7:15 UNB | 5:45-6:45 GYM |

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|  |  | **Mon, Oct 7** | **Tue, Oct 8** | **Wed, Oct 9** | **Thu, Oct 10** | **Fri, Oct 11** | **Sat Oct 12** | **Sun, Oct 13** |
| Fitness Group | AM |  |  |  |  |  |  |  |
| PM | 7:15-8:15 UNB |  |  |  |  | 7:15-8:15 UNB |  |