

# BAC PROGRAM & BGH PRACTICE SCHEDULE

June 27th - September 4th

TIME (AM)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME (AM)	SATURDAY	SUNDAY
6:00						6:00		
6:30	MEMBERS							
7:00						7:00	ADULT SWIM LESSONS	MEMBERS
7:30						7:30	MEMBERS	
8:00	PLAT/GOLD		PLAT/GOLD		PLAT/GOLD	8:00	SILVER	GREEN
8:30	SILVER		SILVER		SILVER	8:30	BRONZE	PURPLE / POD
9:00	GREEN		GREEN		GREEN	9:00	SILVER	GREEN
9:30	BRONZE		BRONZE		BRONZE	9:30	BRONZE	PURPLE / POD
10:00	PURPLE / POD		PURPLE / POD		PURPLE / POD	10:00		
10:30		LESSONS				10:30	DRYLAND w/ Samia <small>Thru rose</small>	
11:00						11:00	LESSONS	LESSONS
11:30						11:30		SSF
TIME (PM)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME (PM)	SATURDAY	SUNDAY
12:00						12:00		
12:30	AEROBICS							
1:00						1:00	MEMBERS	
1:30						1:30		MEMBERS
2:00		HIGHLAND	ARTHRITIS/YOGA			2:00		
2:30		MLK				2:30		
3:00						3:00		
3:30						3:30		
4:00						4:00	<i>All blocks are 30 minutes long.</i>	
4:30	PLAT/GOLD		PLAT/GOLD		PLAT/GOLD	<b>BGH NOTES</b>		
5:00	SILVER		SILVER		SILVER	06/27/22: New Practice Schedule Starts		
5:30	GREEN		GREEN		GREEN	06/27/22: New Practice Schedule Starts		
6:00						Dryland with Samia every Saturday except on swim meet days through 08/06.		
6:30	BRONZE		BRONZE		BRONZE	Please only attend your assigned practice based on your <b>scheduled time</b>		
7:00	PURPLE / POD		PURPLE / POD		PURPLE / POD	<b>&amp; Roster Group.</b> See "Roster Groups (06/27 - 09/04)" tab.		
7:30		SSF				<b>CHECK the GOOGLE CALENDAR before coming to practice!</b>		
8:00								
8:30								
9:00								

*All blocks are 30 minutes long unless otherwise stated.*