

BAC PROGRAM & BGH PRACTICE SCHEDULE

September 8th - November 15th
09/13 Members & Lessons Start

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TIME (AM)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME (AM)	SATURDAY	SUNDAY								
6:00	MEMBERS	MEMBERS	MEMBERS	MEMBERS	MEMBERS	6:00										
6:30																
7:00											MEMBERS				MEMBERS	
7:30																
8:00																
8:30											GOLD	SILVER			GREEN	SWIM FIT
9:00													POD / PURPLE	BRONZE	POD / PURPLE	BRONZE
9:30																
10:00											LESSONS				LESSONS	
10:30																
11:00																
11:30																
TIME (PM)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME (PM)	SATURDAY	SUNDAY								
12:00	AEROBICS						MEMBERS	MEMBERS								
12:30																
1:00																
1:30																
2:00																
2:30																
3:00																
3:30																
4:00	OPTIONAL Dryland		OPTIONAL Dryland		OPTIONAL Dryland		OPTIONAL Dryland									
4:30	GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE				
5:00																
5:30																
6:00																
6:30																
7:00	HS / GOLD	GREEN	LESSONS													
7:30																
8:00																
8:30																
9:00																
<i>All blocks are 30 minutes long unless otherwise stated.</i>																
BGH NOTES																
09/08/21: BGH Practice Starts																
Please only attend your assigned practice based on your scheduled time & Roster Group . See "Roster Groups (09/08 - 11/15)" tab.																
CHECK the GOOGLE CALENDAR before coming to practice!																