

# BAC PROGRAM & BGH PRACTICE SCHEDULE

September 8th - November 15th

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