

B-S-G-N Practice Schedule
April 28-May 3

Please be prepared for each practice with your training equipment & water bottles! For dryland workouts, please wear gym shoes.

April 28 – May 3	Mon	Tue	Wed	Thur	Fri	Sat
<i>National</i>	3:30-5:30pm @ EAST	6-7am @ OPRF dryland 3:30-5:30pm @ EAST	No Practice	6-7am @ OPRF dryland 7-9pm @ EAST	4:30-6 pm @ EAST	9-11am @ EAST
<i>Gold</i>	3:30-5:30pm @ EAST	3:30-5:30pm @ EAST	No Practice	7-9pm @ EAST	4:30-6 pm @ EAST	9-11am @ EAST
<i>Silver</i>	Dryland 6-6:45pm @ YMCA	5:30-7:30pm @ EAST	Dryland 6-7pm @ OPRF	6-8pm @ EAST	5:30-7:30pm @ EAST	9-11am @ EAST
<i>Bronze</i>	No practice	5:30-7pm @ EAST	Dryland 6-6:45pm @ YMCA	6-7:30pm @ EAST	5:30-7pm @ EAST	8-9am @ EAST