

TBAY CENTRAL SCHEDULE

NOVEMBER TO JUNE 2010



MIGHTY BUCS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>WATER</u> 5:00 - 5:45PM	OFF	<u>WATER</u> 5:00 - 5:45PM	OFF	<u>WATER</u> 5:00 - 5:45PM	<u>WATER</u> 12:15 - 1:00PM	OFF

***ALL PRACTICES ARE TO BE HELD AT TAMPA PREP**

LIL BUCS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>WATER</u> 3:45 - 5:00PM <i>*5 to 10 min of dryland</i>	OFF	<u>WATER</u> 3:45 - 5:00PM <i>*5 to 10 min of dryland</i>	OFF	<u>WATER</u> 3:45 - 5:00PM <i>*5 to 10 min of dryland</i>	<u>WATER</u> 11:45 - 1:00PM <i>*5 to 10 min of dryland</i>	OFF

***ALL PRACTICES ARE TO BE HELD AT TAMPA PREP**

BIG BUCS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	<u>DRYLAND</u> 5:00 - 5:30PM <u>WATER</u> 5:30 - 7:00PM	<u>DRYLAND</u> 5:00 - 5:30PM <u>WATER</u> 5:30 - 7:00PM	<u>DRYLAND</u> 5:00 - 5:30PM <u>WATER</u> 5:30 - 7:00PM	OFF	<u>WATER</u> 10:30 - 11:45AM	OFF

***ALL PRACTICES ARE TO BE HELD AT TAMPA PREP**

RED GROUP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>DRYLAND</u> 4:30 - 5:00PM <u>WATER</u> 5:00 - 6:15PM	<u>WATER</u> 4:00 - 5:30PM	OFF	<u>WATER</u> 4:00 - 5:30PM	<u>DRYLAND</u> 4:30 - 5:00PM <u>WATER</u> 5:00 - 6:15PM	<u>WATER</u> 9:00 - 10:30AM <u>DRYLAND</u> 10:30 - 11:00AM	OFF

***ALL PRACTICES ARE TO BE HELD AT TAMPA PREP**

SR. ELITE GROUP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>DRYLAND</u> 4:00-5:00PM <u>WATER</u> 5:00PM-7:00PM	<u>DRYLAND</u> 4:00-5:00PM <u>WATER</u> 5:00PM-7:00PM	<u>DRYLAND</u> 4:00-5:00PM <u>WATER</u> 5:00PM-7:00PM	<u>DRYLAND</u> 4:00-5:00PM <u>WATER</u> 5:00PM-7:00PM	<u>WATER</u> 4:45 - 7:00PM	<u>WATER</u> 9:00 - 11:30AM <u>DRYLAND</u> 11:30 - 12:00PM	<u>WATER</u> 10:00 - 11:30AM

***ALL PRACTICES ARE TO BE HELD AT TAMPA PREP**