



Mighty Bucs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------|--|------------|--|--|------------|
| WATER 5:15 - 6:00pm *5 to 10 min of dryland | OFF | WATER 5:15 - 6:00pm *5 to 10 min of dryland | OFF | WATER 5:15 - 6:00pm *5 to 10 min of dryland | WATER 11:30 - 12:15pm *5 to 10 min of dryland | OFF |

*ALL PRACTICES ARE TO BE HELD AT TAMPA PREP

Lil Bucs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------|--|------------|--|---|------------|
| WATER 4:00 - 5:15pm *5 to 10 min of dryland | OFF | WATER 4:00 - 5:15pm *5 to 10 min of dryland | OFF | WATER 4:00 - 5:15pm *5 to 10 min of dryland | WATER 11:30 - 1:00pm DRYLAND 11:00 - 11:30am | OFF |

*ALL PRACTICES ARE TO BE HELD AT TAMPA PREP

Big Bucs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------|--|------------|-------------------------------|---|------------|
| DRYLAND 5:15 - 5:45pm WATER 5:45 - 7:00pm | OFF | DRYLAND 5:15 - 5:45pm WATER 5:45 - 7:00pm | OFF | WATER 5:30 - 7:00pm | WATER 11:30 - 1:00PM DRYLAND 11:00 - 11:30am | OFF |

*ALL PRACTICES ARE TO BE HELD AT TAMPA PREP

Challenge Group

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------|--|--|-------------------------------|---|------------|
| DRYLAND 5:15 - 5:45pm WATER 5:45 - 7:00pm | OFF | DRYLAND 5:15 - 5:45pm WATER 5:45 - 7:00pm | DRYLAND 5:15 - 5:45pm WATER 5:45 - 7:00pm | WATER 5:30 - 7:00pm | WATER 10:00 - 11:30am DRYLAND 9:30 - 10:00am | OFF |

*ALL PRACTICES ARE TO BE HELD AT TAMPA PREP

Sr. Elite Group

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|---|------------|
| DRYLAND 4:45 - 5:30pm WATER 5:30 - 7:15pm | DRYLAND 4:45 - 5:30pm WATER 5:30 - 7:15pm | DRYLAND 4:45 - 5:30pm WATER 5:30 - 7:15pm | DRYLAND 4:45 - 5:30pm WATER 5:30 - 7:15pm | DRYLAND 4:45 - 5:30pm WATER 5:30 - 7:15pm | WATER 9:30 - 11:30am DRYLAND 11:30-12:00pm | OFF |