

EEX SENIOR TEAM WEEKLY PRACTICE SCHEDULE

Senior Elite Women

Monday AM	Time
Senior Elite Women <i>MAKE UP PRACTICE ONLY</i>	5:10 – 6:40 AM Swim / Land
Monday PM	Time
Senior Elite Women	4:00 – 4:55 Yoga 5:00 – 7:00 Swim
Tuesday AM	Time
Senior Elite Women	5:10 – 6:40 AM at TCNJ
Tuesday PM	OFF
Wednesday PM	Time
Senior Elite Women	4:00 – 4:55 Dry-land 5:00 – 7:00 Swim
Thursday AM	Time
Senior Elite Women	5:10 – 6:40 AM at Princeton
Thursday PM	Time
Senior Elite Women	4:30 – 4:55 Dry-land 5:00 – 7:00 Swim
Friday PM	Time
Senior Elite Women	4:00 – 5:00 Dry-land / Game 5:00 – 7:00 Swim
Saturday AM	Time
Senior Elite Women	7:00 – 9:30 Swim 9:30 – 10:00 Dry-land
Sunday AM	Time
Senior Elite Women	7:30 – 10:00 Swim