

EEX SENIOR TEAM WEEKLY PRACTICE SCHEDULE

Senior 1

Monday PM	Time
Senior 1	4:00 – 4:55 Yoga 5:00 – 7:00 Swim
Tuesday AM	Time
Senior 1	5:10 – 6:40 AM at TCNJ
Wednesday PM	Time
Senior 1	4:00 – 4:55 Dry-land 5:00 – 7:00 Swim
Thursday AM	Time
Senior 1	5:10 – 6:40 AM at Princeton
Friday PM	Time
Senior 1	4:30 – 6:30 Swim 6:30 – 7:00 Dry-land
Saturday AM	OFF
Sunday AM	Time
Senior I	7:30 – 10:00 Swim