

### ELIT Club Practice Schedule

GROUP	Day	PM	AM	Location: DVAC	Dryland
<b>Elit 1</b>	Monday	4:15pm - 5pm			
	Tuesday	4:15pm - 5pm			
	Wednesday	4:15pm - 5pm			
	Thursday	4:15pm - 5pm			
	Friday	4:15pm - 5pm			
<b>Elit 2</b>	<b>Day</b>	<b>Time</b>	<b>AM</b>	<b>Location: DVAC</b>	<b>Dryland</b>
	Monday	5:45pm - 7pm			
	Tuesday	5:45pm - 7pm			
	Wednesday	5:45pm - 7pm			
	Thursday	5:45pm - 7pm			
Friday	5:45pm - 7pm				
<b>Elit 3</b>	<b>Day</b>	<b>Time</b>	<b>AM</b>	<b>Location: DVAC</b>	<b>Dryland</b>
	Monday	5:45pm - 7:30pm			6pm - 6:30pm
	Tuesday	5:45pm - 7:30pm			6pm - 6:30pm
	Wednesday	5:45pm - 7:30pm			STR
	Thursday	5:45pm - 7:30pm			6pm - 6:30pm
Friday	5:45pm - 7:30pm			6pm - 6:30pm	
<b>Senior - Elit 2</b>	<b>Day</b>	<b>Time</b>	<b>AM</b>	<b>Location: DVAC</b>	<b>Dryland</b>
	Monday	5:15pm - 7:30pm			5:15pm - 6pm
	Tuesday	5:15pm - 7:30pm			5:15pm - 6pm
	Wednesday	5:45pm - 7:30pm			STR
	Thursday	5:15pm - 7:30pm			5:15pm - 6pm
Friday	5:15pm - 7:30pm			5:15pm - 6pm	
<b>Senior - Elit 1</b>	<b>Day</b>	<b>Time</b>	<b>AM</b>	<b>Location:</b>	<b>Dryland</b>
	Monday	5:15pm - 8pm		DVAC	5:15pm - 6pm
	Tuesday	5:15pm - 8pm		DVAC	5:15pm - 6pm
	Wednesday	5:45pm - 8pm	TBA	DVAC	STR
	Thursday	5:15pm - 8pm		DVAC	5:15pm - 6pm
	Friday	5:15pm - 8pm		DVAC	5:15pm - 6pm
Saturday		8:45am - 11am		SROP	
Groups: Elit 2, Elit 3, Senior - Elit 1&2 perform 15min *STR every day before practice.					* STR: <i>Stretching</i>