

Marlins 1 Schedule

September 12-November 28

Subject to Change

Yoga Thurs Sept 9- 6-am Sun Sept 12 2:30-3:30pm at Nova Yoga Studio top of Longs Hill St. John's
 As of January Weights may change times.

Marlins 1	Sept 13	Sept 14	Sept 15	Sept 16	Sept 17	Sept 18	Sept 19
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Lavrock Deadline		Yoga 6-7am			Y 2:30-3:30
PM		3:45-6:00	3:15-5:30	4:15-7:00			

Marlins 1	Sept 20	Sept 21	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM				Yoga 6-7am		6:15-9:00	Y 2:30-3:30
PM	3:15-5:00	3:45-6:00	3:15-5:30	4:15-7:00			

Marlins 1	Sept 27	Sept 28	Sept 29	Sept 30	Oct-1	Oct-2	Oct-3
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:15-7:30		Yoga 6-7am	Lavrock Team Retreat		
PM	3:15-5:00	3:45-6:00	3:15-5:30	4:15-7:00	drop off 6pm		pick up 11am

Marlins 1	Oct-4	Oct-5	Oct-6	Oct-7	Oct-8	Oct-9	Oct-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:45-7:30	5:45-7:30		Yoga 6-7am	5:45-7:30	Cancelled	Cancelled
PM	3:15-5:00	3:45-6:00	3:15-5:30	4:15-7:00			

Marlins 1	Oct-11	Oct-12	Oct-13	Oct-14	Oct-15	Oct-16	Oct-17
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:45-7:30		Yoga 6-7am	5:45-7:30	6:15-9:00	Y 2:30-3:30
PM	No practice	3:45-6:00	3:15-5:30	4:15-7:00			

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Marlins 1	Oct-18	Oct-19	Oct-20	Oct-21	Oct-22	Oct-23	Oct-24
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:45-7:30		Yoga 6-7am			
PM	No practice	3:45-6:00	3:15-5:30	4:15-7:00	Corner Brook Performance for East Coast Qualified and 15 and overs		

Marlins 1	Oct-25	Oct-26	Oct-27	Oct-28	Oct-29	Oct-30	Oct-31
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:45-7:30	5:45-7:30		Yoga 6-7am	5:45-7:30	6:15-9:00	Y 2:30-3:30
PM	3:15-5:00	3:45-6:00	3:15-5:30	4:15-7:00		Halloween Special	

Marlins 1	Nov-1	Nov-2	Nov-3	Nov-4	Nov-5	Nov-6	Nov-7
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:45-7:30	5:45-7:30		Yoga 6-7am	Fall Classic		
PM	3:15-5:00	3:45-6:00	3:15-5:30	4:15-7:00			

Marlins 2A	Nov-8	Nov-9	Nov-10	Nov-11	Nov-12	Nov-13	Nov-14
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:45-7:30	5:45-7:30		Yoga 6-7am	5:45-7:30	6:15-9:00	Y 2:30-3:30
PM	3:15-5:00	3:45-6:00	3:15-5:30	No practice		Weights	

Marlins 1	Nov-15	Nov-16	Nov-17	Nov-18	Nov-19	Nov-20	Nov-21
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:45-7:30	5:45-7:30		Weights	5:45-7:30	6:15-9:00	
PM	3:15-5:00	3:45-6:00	3:15-5:30	4:15-7:00		Weights	

Marlins 1	Nov-22	Nov-23	Nov-24	Nov-25	Nov-26	Nov-27	Nov-28
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:45-7:30	5:45-7:30		Weights	5:45-7:30	6:15-9:00	
PM	3:15-5:00	3:45-6:00	3:15-5:30	4:15-7:00		Weights	