

Senior Team September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Metuchen South Amboy Days Off	2 OFF	3 6-8pm Int/Adv/Elite	4 OFF	5 5:15-6:15pm Advanced 6:30-8pm Elite	6 5-6pm Practice 6-8pm Intermediate	7 9-11am Adv/Elite
8 5-8pm Practice	9 4:30-8pm Practice	10 6-8pm Int/Adv/Elite	11 OFF	12 5:15-6:15pm Advanced 6:30-8pm Elite	13 5-6pm Practice 6-8pm Intermediate	14 9-11am Adv/Elite
15 5-8pm Practice	16 4:30-8pm Practice	17 6-8pm Int/Adv/Elite	18 OFF	19 5:15-6:15pm Advanced 6:30-8pm Elite	20 5-6pm Practice 6-8pm Intermediate	21 9-11am Adv/Elite
22 5-8pm Practice	23 4:30-8:30pm Practice	24 6-8pm Int/Adv/Elite	25 OFF	26 5:15-6:15pm Advanced 6:30-8pm Elite	27 5-6pm Practice 6-8pm Intermediate	28 9-11am Adv/Elite
29 5-8pm Practice	30 4:30-8:30pm Practice					