



Ave Maria Daily Schedule

January 20

3:30pm-team arrives Ave Maria
5:30pm-training
7:45pm-dinner

January 21

8:00am-breakfast
10:00am-training
12:15pm-lunch
7:45pm-dinner

January 22

8:00am-breakfast
10:00am-training
12:15pm-lunch
5:30pm-weight room
7:45pm-dinner

January 23

8:00am-breakfast
10:00am-training
12:15pm-lunch
5:30pm-weight room
7:45pm-dinner

January 24

8:00am-breakfast
10:00am-training
12:15pm-lunch
7:45pm-dinner

January 25

8:00am-breakfast
10:00am-training
12:15pm-lunch
5:30pm-weight room
7:45pm-dinner

January 26

8:00am-breakfast
10:00am-training
12:15pm-lunch
5:30pm-weight room
7:45pm-dinner

January 27

8:00am-breakfast
10:00am-training
12:15pm-lunch
7:45pm-dinner

January 28

8:00am-breakfast
10:00am-training
12:15pm-lunch
7:45pm-dinner

January 29

7:00am-breakfast
8:30am-training
11:00am-lunch
6:00pm-dinner

January 30

8:00am-breakfast
10:00am-training
12:15pm-lunch
7:45pm-dinner

January 31

8:00am-breakfast
10:00am-training
12:15pm-lunch
5:30pm-weight room
7:45pm-dinner

February 1

8:00am-breakfast
10:00am-training
12:45pm-lunch
7:00pm-game vs. FGCU
10:00pm-dinner

February 2

8:00am-breakfast
10:00am-training
12:15pm-lunch
7:45pm-dinner

February 3

6:15am-team departs Ave Maria