

2019 JAC March Practice Schedule

Date	Day	Notes
March 1st	Friday	No Practice, Bolles Meet
2	Saturday	Lessons only by appointment
3	Sunday	Lessons only by appointment
4	Monday	5:30pm-7:00pm
5	Tuesday	Lessons only by appointment
6	Wednesday	5:30pm-7:00pm
7	Thursday	Lessons only by appointment
8	Friday	No Practice, ESJ Meet
9	Saturday	Lessons only by appointment
10	Sunday	Lessons only by appointment
11	Monday	5:30pm-7:00pm
12	Tuesday	Lessons only by appointment
13	Wednesday	5:30pm-7:00pm
14	Thursday	No Practice, Bolles Meet
15	Friday	Lessons only by appointment
16	Saturday	Lessons only by appointment
17	Sunday	Lessons only by appointment
18	Monday	3:30pm- 5:30pm OR 5:30pm-7:00pm
19	Tuesday	4pm-6pm
20	Wednesday	3:30pm - 5:30pm OR 5:30pm-7:00pm
21	Thursday	4pm-6pm
22	Friday	Lessons only by appointment
23	Saturday	Lessons only by appointment
24	Sunday	Lessons only by appointment
25	Monday	5:30pm-7:00pm
26	Tuesday	Lessons only by appointment
27	Wednesday	5:30pm-7:00pm
28	Thursday	Lessons only by appointment
29	Friday	No practice, Florida Relays
30	Saturday	Lessons only by appointment
31	Sunday	Lessons only by appointment

****In-Season Training is a \$10 drop in fee per practice****

****Please email or text (423-943-5507) to set up lessons****

****To set up lessons outside of these times during Spring Break please contact us****

www.jaxtrack.com