

2023 JAC JANUARY PRACTICE SCHEDULE

Date	Day	Notes
January 1st	Sunday	No Practice, Happy New Year!
2	Monday	No Practice
3	Tuesday	4pm-6pm
4	Wednesday	4pm-6pm
5	Thursday	4pm-6pm
6	Friday	4pm-6pm
7	Saturday	10am- 12pm, also lessons by appointment
8	Sunday	Lessons only by appointment
9	Monday	4pm-6pm
10	Tuesday	4pm-6pm
11	Wednesday	4pm-6pm
12	Thursday	4pm-6pm
13	Friday	No Practice
14	Saturday	Jimmy Carnes Indoor Meet in Gainesville
15	Sunday	Jimmy Carnes Indoor Meet in Gainesville
16	Monday	4pm-6pm
17	Tuesday	4pm-6pm
18	Wednesday	4pm-6pm
19	Thursday	4pm-6pm
20	Friday	No Practice
21	Saturday	No Practice
22	Sunday	Lessons only by appointment
23	Monday	4pm-6pm
24	Tuesday	4pm-6pm
25	Wednesday	4pm-6pm
26	Thursday	4pm-6pm
27	Friday	4pm- 6pm
28	Saturday	10am- 12pm, also lessons by appointment
29	Sunday	Lessons only by appointment
30	Monday	No Practice, 1st Day of FHSAA High School Track and Field Practice

January Training is either \$150 for the whole month (unlimited practices) or \$20 drop in fee per practice



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