

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRE-TEAM	4:00 - 4:30	4:00 - 4:30	4:00 - 4:30	4:00 - 4:30	No practice	No Practice	No Practice
NOVA	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	No Practice	No Practice
BRONZE	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	No Practice	No Practice
SILVER	5:00-6:45	5:00-6:45	5:00-6:45	5:00-6:45	4:00 - 5:45	9:30 - 11:15 a.m.	No Practice
GOLD	3:00 - 5:30	3:00 - 5:30	3:00 - 5:30	3:00 - 5:30	3:00 - 5:30	7:30 - 10:00 a.m.	No Practice
SENIOR 2	3:00 - 5:15	3:00 - 5:15	3:00 - 5:15	3:00 - 5:15	No practice	9:30 - 11:15	No Practice
SENIOR	3:00 - 5:30	3:00 - 5:30	5:30 - 7:00 a.m. & 3:00 - 5:30	3:00 - 5:30	5:30 - 7:00 a.m. & 3:00 - 5:30	7:30 - 10:30 a.m.	No Practice