Monday

AM	7:30			
	7:45			
	8:00			
PM	4:15		Teal/Black 4:15-6:00	
	4:30			
	4:45	Gold 4:45-6:00		
	5:00			
	5:15			
	5:30			
	5:45			
	6:00	M/W Aqua 6:05-6:30		Varsity 6:00-7:15
	6:15		Silver 6:15-7:15	
	6:30	Bronze (M/W) 6:30-7:15		
	6:45			
	7:00			
	7:15			

Tuesday

			Teal/Black 4:15-6:00 (dryland 6:00-6:30)	
		Gold 4:45-6:00 (dryland 6:00-6:30)		
		T/Th Aqua 6:05-6:30		Varsity 6:00-7:15 (dryland 5:30-6:00)
			Silver 6:15-7:15 (dryland 5:30-6:00)	
		Bronze (M/W) 6:30-7:15		

Wednesday

			Teal/Black 4:15-6:00	
		Gold 4:45-6:00		
		M/W Aqua 6:05-6:30		Varsity 6:00-7:15
			Silver 6:15-7:15	
		Bronze (M/W) 6:30-7:15		

Thursday

AM	7:30			
	7:45			
	8:00			
PM	4:15		Teal/Black 4:15-6:00 (dryland 6:00-6:30)	
	4:30			
	4:45	Gold 4:45-6:00 (dryland 6:00-6:30)		
	5:00			
	5:15			
	5:30			
	5:45			
	6:00	T/Th Aqua 6:05-6:30		Varsity 6:00-7:15 (dryland 5:30-6:00)
	6:15		Silver 6:15-7:15 (dryland 5:30-6:00)	
	6:30	Bronze (M/W) 6:30-7:15		
	6:45			
	7:00			

Friday

	Teal/Black 4:15-6:00	
Gold/Varsity 4:45-6:00		

Saturday

Teal/Black* 8:00-10:00

**Gold/Varsity with 80% practice attendance are invited to attend Saturday.*