

Court t	MON	TUE	WED	THUR	FRI	
time 6:00-7:30	COURT 1 12 BLACK	COURT 1 15 BLACK	COURT 1 12 BLACK	COURT 1 15 BLACK	COURT 1 ACADEMY 12U	Actual practice time is 6-8pm. 90 min on court and 30 min of plyo training (7:30-8)
6:00-7:30	COURT 2 12 GREEN	COURT 2 15 GREEN	COURT 2 12 GREEN	COURT 2 15 GREEN	COURT 2 ACADEMY 12U	
6:00-7:30	COURT 3 13 GREEN	COURT 3 16 BLACK	COURT 3 13 GREEN	COURT 3 16 BLACK	COURT 3 ACADEMY 12U	
7:30-9:00	COURT 1 13 BLACK	COURT 1 16 GREEN	COURT 1 13 BLACK	COURT 1 16 GREEN	COURT 1 ACADEMY MS (beginner)	Actual practice time is 7-9pm. 30 min of plyo training (7-7:30) and 90 min on court
7:30-9:00	COURT 2 14 BLACK	COURT 2 17 BLACK	COURT 2 14 BLACK	COURT 2 17 BLACK	COURT 2 ACADEMY MS (advanced)	
7:30-9:00	COURT 3 14 GREEN	COURT 3 18 BLACK	COURT 3 14 GREEN	COURT 3 18 BLACK	COURT 3 TBD	

2026-2027 CLUB SEASON PRACTICE SCHEDULE (COURT TIMES). PLYO TIMES WILL BE BEFORE (2ND WAVE) OR AFTER (1ST WAVE)