

GO Kingfish

2024-2025 Tentative Practice Template

EAST PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze East AM						6:00-7:00 FDRC	
PM		4:00-5:30 FDRC		4:00-5:30 FDRC			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver East AM		6:00-7:25 BMRC		6:00-7:25 BMRC		7:00-8:30am FDRC	
PM	4:15-6:00 BMRC				6:00-7:30 BMRC		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold East AM		6:00-7:25 BMRC	6:00-7:25 Sawmill Creek	6:00-7:25 BMRC		10:15-12:00am uOttawa	
PM	4:15-6:00 BMRC				6:00-7:30 BMRC		

Central Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze Central AM							
PM	4:00-5:30 Canterbury		4:00-5:30 Canterbury		4:00-5:00 Centerbury		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Central AM			6:00-7:30 Sawmill Creek			10:30-12:00 uOttawa	
PM		4:30-6:00pm Sawmill Creek		4:30-6:00 Sawmill Creek	5:00-6:30 Canterbury		

