

2024-2025 SCHOOL YEAR PRACTICE SCHEDULE

| | Mon | Tues | Wed | Thurs | Fri | Sat |
|----------------------|-------------------------------|----------------------------|---------------------------------|----------------------------|-------------------------------|--------------|
| Mako | | *3-4P OR *5:30-6:30P | | *3-4P OR *5:30-6:30P | *3-4P OR *5:15-6:15P | *9-10A |
| Tiger | 3-4:20P^ OR 5:30-6:50P^ | | 3-4:20P^ OR 5:30-6:50P^ | | 3-4:20P^ OR 5:15-6:30P^ | *9-10:30A |
| Hammer Head | 3-4:50P^ OR *5-6:50P | 3-4:50P^ OR *5-6:50P | 3-4:50P^ OR *5-6:50P | 3-4:50P^ OR 5-6:50P | 3-4:30P^ OR *5-6:30P | *10-12P |
| MS Prep | *3:35-5:30P | 3:35-5:15P | *3:35-5:30P | 3:35-5:15P | | *9:30-11:30A |
| Middle School | 3:35-5:40P | *3:35-5:40P | 6:00-7:45A AND 3:35-5:40P | *3:35-5:40P | *3:35-5:30P | 10:15-12:15P |
| GW Prep | *6-7:45P | 5:45-7:30P | *6-7:45P | 5:45-7:30P | | *9:30-11:30A |
| Great White | 5:45-7:45P | *5:45-7:45P | 6:00-7:45A AND 5:45-7:45P | *5:45-7:45P | *5:45-7:45P | 10:15-12:15P |
| Homeschool | *12:30-2:30P | | *12:30-2:30P | *12:30-2:30P | *12:30-2:30P | (With Group) |
| Masters | 11:30-1P | 6-7:30A | 11:30-1P | 6-7:30A | 11:30-1P | |

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| Bolles Champs | 6-7:30A AND 3:30-5:30P* | 3:30-5:30P* | 6-8A AND 3:30-5:30P* | 3:30-5:30P* | 3:30-5:45P <i>TBA: 6AM Distance Focus Practice</i> | 6:45-9:30A^ |
| Bolles Prep | 6-7:30A AND 3:30-5:45P | 3:30-6P* | 6-8A AND 3:30-5:45P | 3:30-6P* | | 6:45-9:30A^ |
| Bolles National | 6-7:30A AND 3:30-6P* | 3:30-5:45P | 6-8A AND 3:30-6P* | 3:30-5:45P | | 7:45-10:30A* |
| Late Night Champs | 5:45-7:45P* | 5:45-7:45P* | 5:45-7:45P | 5:45-7:45P* | 5:30-7:30P | 6:45-9:30A^ |
| Late Night Prep | 5:15 OR 6AM AND 5:30-7:45P | 5:15-7:45P* | 5:15 OR 6AM AND 5:30-7:45P | 5:15-7:45P* | | 6:45-9:30A^ |
| Late Night National | 5:15 OR 6AM AND 5:15-7:45P* | 5:30-7:45P | 5:15 OR 6AM AND 5:15-7:45P* | 5:30-7:45P | | 7:45-10:30A* |

***Indicates session includes Strength and Conditioning (Weights or Dryland) for senior groups**

***Indicates dryland for AG will be at the beginning of practices**

^Indicates dryland for AG will be at the end of practices