

Suburban Seahawks Club
practice schedule

as of January 1 2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr Gold Elite	5:30-7:30 AM 6:45-9:00 PM	6:45-9:00 PM	4:15-6:15 PM yoga 6:15-7:15 pm	5:30-7:30 AM 6:45-9:00 PM	4:15-6:15 PM	8-11:00 AM	
Sr Gold	5:30-7:30 AM 6:45-9:00 PM	6:45-9:00 PM Yoga 6:00-6:45 pm	6:15-8:15 PM	5:30-7:30 AM 6:45-9:00 PM	6:15-8:15 PM		8-11:00 AM
Sr Fit	6:45-7:45 PM		6:15-7:15 PM	5:30-7:30 AM		12:15-1:15 PM	8-9:00 AM
Silver Plus	5:30-7:30 AM 6:45-8:45 PM	6:45-8:45 PM Yoga 6:45-7:45 pm	6:15-8:15 PM	5:30-7:30 AM 6:45-8:45 PM	6:15-8:15 PM		8:00-10:00 AM
Silver	4:15-5:45 PM	4:15-5:45 PM		4:15-5:45 PM	6:05-7:35 PM	11-12:30 PM	11-12:30 PM
Bronze	4:15-5:30 PM	4:15-5:30 PM		4:15-5:30 PM		11-12:15 PM	11-12:15 PM
Developmental Plus	5:45-6:45 PM	5:45-6:45 PM		5:45-6:45 PM		12:30-1:30 PM	10-11:00 AM
Developmental	5:45-6:45 PM	5:45-6:45 PM		5:45-6:45 PM		12:30-1:30 PM	
Mini Blue	6-6:45 PM		6-6:45 PM	6-6:45 PM			
Mini Gold	6:45-7:30 PM		6:45-7:30 PM	6:45-7:30 PM			
Pre Team	5-5:45 PM			5-5:45 PM			