

## SCSC Practice Schedule | March 25 – May 2024

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Senior Gold</b>	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:45pm	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:45pm	3:45-5:30pm (5:30-6:30 Weightlifting)	As Scheduled
<b>Senior Silver</b>	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:45pm	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:45pm	3:45-5:30pm (5:30-6:30 Weightlifting)	As Scheduled
<b>Senior Bronze</b>	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:45pm	3:45-5:30pm (5:30-6:30 Weightlifting)	3:45-5:45pm	3:45-5:30pm (5:30-6:30 Weightlifting)	As Scheduled
<b>Junior Gold</b>	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	As Scheduled
<b>Junior Silver</b>	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	As Scheduled
<b>Junior Bronze</b>	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	6:30-8:00pm	6:30-8:00pm (5:30-6:30 Weightlifting)	As Scheduled
<b>Seawolves Gold</b>	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	As Scheduled
<b>Seawolves Silver</b>	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	As Scheduled
<b>Seawolves Bronze Group #2</b>	5:45-6:30pm	5:45-6:30pm	5:45-6:30pm	5:45-6:30pm	5:30-6:30pm	As Scheduled
<b>Seawolves Bronze Group #1</b>	6:30-7:15pm	6:30-7:15pm	6:30-7:15pm	6:30-7:15pm	5:30-6:30pm	As Scheduled

Updated 3/3/24