

### 2023 Fall Practice Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Bronze		5:00-6:00		5:00-6:00	
Silver	5:00-6:30		5:00-6:30		4:30-6:00
Gold 1	5:00-6:30	5:30-7:00	5:00-6:30		4:30-6:00
Gold 2	5:30-7:00	5:30-7:00		5:30-7:00	4:30-6:00
Platinum	5:30-7:00	5:30-7:00	5:00-6:30	5:30-7:00	4:30-6:00

### Dryland Practice Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Gold 1		5:00-5:30			4:00-4:30
Gold 2	5:00-5:30	5:00-5:30		5:00-5:30	4:00-4:30
Platinum	5:00-5:30	5:00-5:30		5:00-5:30	4:00-4:30