



Practice Schedule

2020-21

| GROUP | MON | TUE | WED | THR | FRI | SAT | NOTES |
|---------|-------------|-------------|-------------|-------------|-------------|--------------|-----------------------------------------------|
| PEAK | 3:15 - 5:45 | 3:15 - 5:45 | 3:15 - 5:45 | 3:15 - 5:45 | 3:15 - 5:45 | 8:00 - 10:00 | Dryland 3:15 - 4:00 M-F + 5:30-6:30AM 3X week |
| 1 | 3:15 - 5:45 | 3:15 - 5:45 | 3:15 - 5:45 | 3:15 - 5:45 | 3:15 - 5:45 | 8:00 - 10:00 | Dryland 3:15 - 4:00 M-F |
| 2 | 3:30 - 5:30 | 3:30 - 5:30 | 3:30 - 5:30 | 3:30 - 5:30 | 3:30 - 5:30 | 8:00 - 10:00 | Dryland 5:30 - 6:15 M-F |
| 3 | 6:45 - 8:15 | 6:45 - 8:15 | 6:45 - 8:15 | 6:45 - 8:15 | 6:45 - 8:15 | | Dryland 7:45 - 8:15 M-F |
| 4 | | 5:45 - 6:45 | 5:45 - 6:45 | 5:45 - 6:45 | 5:45 - 6:45 | | |
| PreTeam | | 6:45 - 7:45 | | | 6:45 - 7:45 | 10:00-11:00 | |