

Day **Monday**  
Times 8:00-9:30pm  
Squad: JVV Men & Novice Women

Day **Tuesday**  
Times 8:00-9:30pm  
Squad: JVV Men

Day **Wednesday**  
Times 8:00-9:30pm  
Squad: Novice Men & JVV Women

Day **Thursday**  
Times 8:00-9:30pm  
Squad: JVV Women

Day **Friday**  
Times 5:30pm-7:30pm 7:30-9pm  
Squad: Novice Men & Novice Women JVV Men

Day **Sat**  
Times 9:30-11am 11am-1pm  
Squad: JVV Women Novice Women

Day **Sun**  
Times 8am-10am 10am-11:30am 11:30am-1pm  
Squad: Novice Men JVV Women JVV Men