

Monday		
400-500		
500-630	17L-MIKE	14G-MARK
630-800	B16L-LEO	15B-HELEANNA
800-930	15L-ABBIE	16W-NADIA
BODYZONE		
730-900	14B-LEXI	

Tuesday		
400-500		
500-630	12B-LIZZIE	12L-DILLON
630-800	18L-CHAD	13L-KRI/SAR
800-930	18B-BRITTANY	15G-SARAH
BODYZONE		
730-900	16L-CRISTINE	

Wednesday		
400-500		
500-630	17L-MIKE	13B-GREGG
630-800	15B-HELEANNA	14B-LEXI
800-930	B16L-LEO	B16B-Jon
BODYZONE		
600-800	14W-RON R	
630-830	15W-ANNA	

Thursday		
400-500		
500-630	14L-HANNAH	14W-RON R
630-800	16B-JASON	17B-SHAUN
800-930	B18B RON	18B-BRITTANY
930-1100	MensBlack	MensLime
BODYZONE		
600-730	B18L-Cristine	
730-900	B16B-Jon	

Friday		
400-500		
500-630	12B-LIZZIE	12L-DILLON
630-800	13L-KRI/SAR	13W-DAMION
800-930	ADULT OPEN GYM	

Friday	Saturday	
500-630	OPEN SCRIMMAGE	
630-800	OPEN SCRIMMAGE	
700-800	skills clinics	
700-900	Practice slot	Practice Slot
800-1000		
Sunday		
900-1030	17B-SHAUN	B18L-CRISTINE
1030-1200	18L-CHAD	16L-CRISTINE
1200-130	15W-ANNA	13W-DAMION
130-300	13B-GREGG	14L-HANNAH
300-430	15L-ABBIE	14G-MARK
430-600	B16L-LEO	B16B-JON
600-730	16B-JASON	15G-SARAH
730-900	B18B-RON	16W-NADIA

12B	ELIZABETH H	GUILIA R
12L	DILLON H	GEORGIE F
13B	GREGG G	PRESLEY C
13L	KRISTINA	SARAH
13W	DAMION	BRYCE
14B	ALEXIS B	TIFFANY P
14L	HANNA K	LYLIA M
14W	RON R	ANNA P
14G	MARK	DEVIN
15B	HELEANNA D	JON H
15L	ABBIE C	TAYLOR S
15W	ANNA B	TOM H
15G	SARAH H	KAYLA L
16B	JASON M	RON H
16L	CRISTINE H	SUSAN N
16W	NADIA H	EMMA R
17B	SHAUN B	GABI

CRISTINE		
CHRISTY		
TESSA V		
RYAN		
MARLEY		
DILLON		

17L	MIKE M	BOONE
18B	BRITTANY T	LIZ
18L	CHAD M	OWEN
M13	DEREK H	AUDREY
M14	DEREK H	AUDREY

B18B	RON	JASON
B18L	CRISTINE	DILLON
B16B	JON	JAMES
	ALEXIS	
B16L	LEO	HANNA
	CHAD	
MEN-A	RON	
MEN-BB	RON	



2024 PRACTICE SCHEDULE