

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Junior Bronze</b>		4:15pm-5:30pm	4:15pm-5:30pm	4:15pm-5:30pm		6:15am-7:30am
<b>Junior Silver</b>		5:45pm-7:30pm	5:45pm-7:30pm	5:45pm-7:30pm		6:15am-8am
<b>Junior Gold</b>	5:45am-7:30am	5:45am-7:30am	5:45am-7:30am		5:45am-7:30am	6:15am-8am
	4:15pm-6pm	4:15pm-6pm		4:15pm-6pm		
<b>Senior</b>	5:45am-7:30am	5:45am-7:30am	5:45am-7:30am		5:45am-7:30am	6:15am-8am
	4:15pm-6pm	4:15pm-6pm		4:15pm-6pm		
<b>Youth</b>		4:15pm-6pm		4:15pm-6pm		6:15am-8am