



## Regular Weekly Schedule

Cycle III



GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GROUP
<b>E1 group</b> <small>Entry level - advanced skill</small>		3:25 - 4:20		3:25 - 4:20			<b>E1 group</b> <small>Entry level - advanced skill</small>
<b>E2 group</b> <small>non competitive &amp; entry level</small>		4:25 - 5:05		4:25 - 5:05			<b>E2 group</b> <small>non competitive &amp; entry level</small>
<b>D group*</b> <small>Developmental</small>	4:50 - 6:30		4:50 - 6:30		4:50 - 6:30	*5:45 - 8:00am <i>optional @ NAC</i>	<b>D group*</b> <small>Developmental</small>
<b>C group</b> <small>min 3 max 4 practices</small>	3:15 - 5:30		3:15 - 5:30		3:15 - 5:30	5:45 - 8:00am <i>@ NAC</i>	<b>C group</b> <small>min 3 max 4 practices</small>
<b>B group</b> <small>choose min 5 max 6 practices</small>	3:15 - 5:30	5:45 - 7:45am 2:45 - 5:15	3:15 - 5:30	5:45 - 7:45am 2:45 - 5:15	3:15 - 5:30	5:45 - 8:00am <i>@ NAC</i>	<b>B group</b> <small>choose min 5 max 6 practices</small>
<b>A group</b> <small>choose min 7 max 8 practices</small>	3:15 - 5:30	5:45 - 7:45am 2:45 - 5:15	3:15 - 5:30	5:45 - 7:45am 2:45 - 5:15	3:15 - 5:30	5:45 - 8:00am <i>@ NAC</i>	<b>A group</b> <small>choose min 7 max 8 practices</small>