



2022 – 2023

HURR PRACTICE SCHEDULE

** TWO PRACTICE OPTIONS TO CHOOSE FROM*

CAT 1 *

MONDAY A: 3:30 – 4:15PM, B: 7:00 – 7:45PM
WEDNESDAY A: 3:30 – 4:15PM, B: 7:00 – 7:45PM
THURSDAY A: 3:30 – 4:15PM, B: 7:00 – 7:45PM

CAT 2 *

MONDAY A: 3:15 – 4:30PM, B: 6:30 – 7:45PM
WEDNESDAY A: 3:15 – 4:30PM, B: 6:30 – 7:45PM
THURSDAY A: 3:15 – 4:30PM, B: 6:30 – 7:45PM
SATURDAY 9:30 – 10:45AM

CAT 3

MONDAY 4:30 – 6:00PM
TUESDAY 4:30 – 6:00PM
WEDNESDAY 4:30 – 6:00PM
THURSDAY 4:30 – 6:00PM
SATURDAY 8:00 – 9:30AM

CAT 4

MONDAY 4:30 – 6:15PM
TUESDAY 4:30 – 6:15PM
WEDNESDAY 4:30 – 6:15PM
THURSDAY 4:30 – 6:15PM
SATURDAY 8:00 – 10:00AM

CAT 5

MONDAY 5:45 – 7:30PM
TUESDAY 5:30 – 7:30PM
WEDNESDAY 5:45 – 7:30PM
THURSDAY 5:30 – 7:30PM
FRIDAY 6:00 – 7:00AM
SATURDAY 8:00 – 10:00AM

SENIORS

MONDAY 6:00 – 7:00AM, 4:30 – 7:00PM
TUESDAY 4:30 – 7:00PM
WEDNESDAY 6:00 – 7:00AM, 4:30 – 7:00PM
THURSDAY 4:30 – 7:00PM
FRIDAY 6:00 – 7:00AM
SATURDAY 8:00 – 11:00AM

MASTERS

** Will start a noon-masters group (tues/thus) 11:30 – 12:30 if enough interest. **

MONDAY 6:00 – 7:00AM
WEDNESDAY 6:00 – 7:00AM
FRIDAY 6:00 – 7:00AM
SATURDAY 8:00 – 9:00AM (WRITTEN WRKOUT)