

## SJAC PRACTICE SCHEDULE 2022-2023

GROUPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Platinum AM	OFF	5:00am - 6:30am @NLAC	OFF	OFF	5:00am - 6:30am @NLAC	6:30am - 9:20am @NLAC	OFF
Platinum PM	3:35pm - 6:15pm @NLAC	3:35pm - 6:00pm @NLAC	3:35pm - 6:15pm @NLAC	3:35pm - 6:00pm @NLAC	3:35pm - 5:30pm @NLAC	OFF	OFF
Senior I	7:15pm - 9:30pm @NLAC	7:30pm - 9:30pm @NLAC	7:15pm - 9:30pm @NLAC	7:30pm - 9:30pm @NLAC	OFF	8:00am - 10:30am @NLAC	6:15am - 8:30am @NLAC
Senior II	8:00pm - 9:30pm @Giant	8:00pm - 9:30pm @Giant	8:00pm - 9:30pm @Giant	8:00pm - 9:30pm @Giant	OFF	8:15am - 10:00am @NLAC	OFF
Gold Select Elite	3:50pm - 5:55pm @Giant	3:50pm - 6:30pm @NLAC	3:50pm - 5:55pm @Giant	3:50pm - 6:30pm @NLAC	3:50pm - 6:00pm @NLAC	6:30am - 9:20am @NLAC	OFF
Gold Select I	4:20pm - 6:30pm @NLAC	4:20pm - 6:00pm @Giant	4:20pm - 6:30pm @NLAC	4:20pm - 6:00pm @Giant	5:20pm - 7:00pm @NLAC	6:30am - 8:30am @NLAC	OFF
Gold Select II	6:45pm - 8:00pm @Giant	OFF	6:45pm - 8:00pm @Giant	OFF	4:45pm - 6:00pm @Giant	8:30am - 10:00am @Giant	8:30am - 10:00am @NLAC
Gold I	5:50pm - 7:30pm @NLAC	OFF	5:50pm - 7:30pm @NLAC	OFF	6:50pm - 8:00pm @NLAC	10:20am - 12:00pm @NLAC	8:20am - 10:00am @NLAC
Gold II	5:45pm - 6:55pm @Giant	OFF	5:45pm - 6:55pm @Giant	OFF	OFF	10:50am - 12:00pm @Giant	10:50am - 12:00pm @NLAC
Silver I	OFF	6:50pm - 8:00pm @NLAC	OFF	6:50pm - 8:00pm @NLAC	5:50pm - 7:00pm @NLAC	10:50am - 12:30pm @NLAC	9:50am - 11:30am @NLAC
Silver II	OFF	6:50pm - 8:00pm @Giant	OFF	6:50pm - 8:00pm @Giant	OFF	9:50am - 11:00am @NLAC	11:50am - 1:00pm @NLAC
Bronze	OFF	5:50pm - 7:00pm @NLAC	OFF	5:50pm - 7:00pm @NLAC	OFF	9:50am - 11:00am @NLAC	9:50am - 11:00am @NLAC
Bronze II	OFF	5:50pm - 7:00pm @NLAC	OFF	5:50pm - 7:00pm @NLAC	OFF	12:50pm - 2:00pm @Giant	OFF

Please note: times marked in blue are revisions as of 10/19/22