

2019 LIQUID LIGHTNING SUMMER PRACTICE SCHEDULE

Groups	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bronze	5:30 - 6:15 (PM)	5:30 - 6:15 (PM)	5:30- 6:15 (PM)	5:30 - 6:15 (PM)	NO PRACTICE
Silver	6:00 - 7:30 (PM)	6:00 - 7:30 (PM)	6:00 - 7:30 (PM)	6:00 - 7:30 (PM)	8:00 - 9:30 (AM)
Gold	6:00 - 7:45 (PM)	6:00 - 7:45 (PM)	6:00 - 7:45 (PM)	6:00 - 7:45 (PM)	6:45 - 8:30 (AM)
SENIOR (AM/PM)	6:30 - 8:30 (AM) 4:00 - 6:00 (PM)	6:30- 8:30 (AM) 4:00 - 6:00 (PM)	6:30- 8:30 (AM) NO PM PRACTICE	6:30- 8:30 (AM) 4:00 - 6:00 (PM)	6:30- 8:30 (AM) NO PM PRACTICE
LIGHTNING 1 and 2 (AM/PM)	6:30 - 8:30 (AM) 4:00 - 6:00 (PM)	6:30 - 8:30 (AM) 4:00 - 6:00 (PM)	6:30 - 8:30 (AM) NO PM PRACTICE	6:30 - 8:30 (AM) 4:00 - 6:00 (PM)	6:30 - 8:30 (AM) NO PM PRACTICE