



## LC Practice Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Clinic	8-9am Littleton YMCA		8-9am Littleton YMCA			
White	7-8am Littleton YMCA	7-8am Littleton YMCA	1:30-2:30pm Lowry	7-8am Littleton YMCA	7-8am Littleton YMCA	
Red	1:30-2:30pm Lowry	3-4:30pm Northridge Outdoor	7-8am Littleton YMCA	3-4:30pm Northridge Outdoor	1:30-2:30pm Lowry	10:30-11:30am Northridge Indoor
Dryland		2:30-3pm Northridge		2:30-3pm Northridge		
State	2:30-4pm Lowry	2:30-4:30pm Northridge Indoor	2:30-4pm Lowry	2:30-4:30pm Northridge Indoor	2:30-4pm Lowry	10:30-11:30am Northridge Indoor
Dryland	2-2:30pm Lowry		2-2:30pm Lowry		2-2:30pm Lowry	
Sectional	7:30-8:30am Eastridge Outdoor 2-4pm Lowry	2:30-4:30pm Northridge Indoor	7:30-8:30am Eastridge Outdoor 2-4pm Lowry	2:30-4:30pm Northridge Indoor	2-4pm Lowry	8-10am Northridge Indoor
Dryland		4:45-5:30pm Northridge		4:45-5:30pm Northridge		
High School	2:30-4pm Lowry	2:30-4:30pm Northridge Indoor	2:30-4pm Lowry	2:30-4:30pm Northridge Indoor	2:30-4pm Lowry	
Dryland	2-2:30pm Lowry		2-2:30pm Lowry		2-2:30pm Lowry	
Senior	2-4pm Lowry	2:30-4:30pm Northridge Indoor	2-4pm Lowry	2:30-4:30pm Northridge Indoor	2-4pm Lowry	8-10am Northridge Indoor
Dryland		4:45-5:30pm Northridge		4:45-5:30pm Northridge		
National	6:30-7:30am Eastridge Outdoor 2-4pm Lowry	6:30-8:30am Eastridge Outdoor	6:30-7:30am Eastridge Outdoor 2-4pm Lowry	6:30-8:30am Eastridge Outdoor	6:30-7:30am Eastridge Outdoor 2-4pm Lowry	8-10am Northridge Indoor
Dryland/Weights		3:30-5:30pm D/W Northridge		3:30-5:30pm D/W Northridge		10:15-11am W Northridge