



2022 Rhythmic Team Summer Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	Total hrs.
Pre-Team	4:30pm-6:00pm			6:00pm-7:30pm			3
Xcel A-B		4:30pm-6:30pm			1:00pm-3:00pm		4
L3	1:00-3:00pm		1:30pm-3:30pm	1:30pm-3:30pm			6
L4 A		1:30pm-4:30pm		3:30pm-6:00pm		12:30pm-3:00	8
L4 B	1:00pm-4:00pm		1:30pm-4:30pm		12:00pm-2:30pm		8
L5	1:00pm-4:00pm		1:30pm-4:30pm		12:00pm-3:00pm		10
Xcel C-D		1:30pm-4:30pm		1:00pm-4:00pm	3:00pm-5:00pm		8
L6	8:30am-12:00pm	1:30pm-4:30pm	9:00am-12:00pm	1:00pm-4:00pm	8:30am-12:00pm		16
L7	8:30am-12:00pm	1:30pm-4:30pm	9:00am-12:00pm	1:00pm-4:00pm	8:30am-12:00pm		16
L8-9	8:30am-12:30pm	9:00am-1:00pm	9:00am-1:00pm	9:00am-1:00pm	8:30am-12:30pm		20