



# Rhythmic Team Summer Practice Schedule 2023

May 30th- August 13th

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Hours
Xcel A		4:30-6:30		4:30-6:30		4
Xcel B		4:30-6:30		4:30-6:30		4
L3	4:30-6:30		1:00-3:00		1:00-3:00	6
L4	3:30-6:30		3:30-6:30		1:00-4:00	9
L5	1:00-3:00	9:00-12:00		1:00-4:00	9:00-12:00	11
L6	1:00-4:00		1:00-4:00	1:00-4:00	1:00-4:00	12
Xcel C		9:00-1:00		9:00-1:00		8
Xcel D	9:00-1:00			9:00-1:00		8
L7	9:00-1:00	9:00-1:00	9:00-1:00	9:00-1:00	9:00-1:00	20
L8-9	9:00-1:00	9:00-1:00	9:00-1:00	9:00-1:00	9:00-1:00	20