



TEAM SCHEDULES

WOMEN'S DEVELOPMENTAL PROGRAM

Training Team/Pre-Team

- ★ Training Team - Wednesday 5:00-8:00 - 3 hours

Compulsory

- ★ L3 - M/Th/F 4:30-7:30 - 9 hours
- ★ L4/L5 - 11 hours
 - M/Th 4:30-8:30
 - Friday 4:30-7:30

Optionals

- ★ Level 7 - 15 hours
 - M/T/Th 4:15-8:15
 - Friday 4:15-7:15
- ★ Level 8+ - 19 hours
 - M/T/Th 4:15-8:15
 - Friday 4:15-7:15
 - Saturday 8:00-12:00

XCEL

Bronze - 6 hours

- ★ Tu/F 4:30-7:30

Silver - 8 hours

- ★ T/Th 4:15-8:15

Gold - 12 hours

- ★ M/W/F 4:15-8:15

Platinum/Diamond - 12 hours

- ★ M/W/F 4:15-8:15

MENS DEVELOPMENTAL PROGRAM

- ★ Training Team - Wednesday 5:00-8:00 - 3 hours
- ★ L3 - M/W 4:30-8:30 - 8 hours
- ★ L4 - M/W/F 4:30-8:30 - 12 hours
- ★ L5 - M/W/F 4:30-8:30 - 12 hours
- ★ L6 + - 16 hours
 - M/F 4:30-8:30
 - Tu/Th 4:30-8:00