

2019 LC PRACTICE SCHEDULE

Cherokee

Intro 2	T	4:00 – 4:45 PM
	S	8:30 – 9:00 AM
Tech and Fitness League	T	4:45 – 5:45 PM
	S	9:00 – 10:00 AM
Silver	M,W,F	4:00 – 4:45 PM
Silver Adv.	M, W, F	4:00 – 4:45 PM
	S	8:00 – 8:45 AM
Gold	M,W,F	4:45 – 6:00 PM
	S	8:45 – 10:00 AM

Dry Land for the Summer

3:20 – 3:50 – M,W,F Silver and Silver Adv.

6:10 – 6:40 – M,W,F Gold

Saturday 10:10 – 10:50 Gold