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| PRACTICE TIMES FOR APRIL AND MAY | TUESDAY | WEDNESDAY | THURSDAY/FRIDAY |
| 3:45-4:45PM-**PRACTICE** | RED 1& RED 3 | RED 2 & BLK 3 | BLK 1 &BLK 5 & BLK 6 |
| 4-4:30PM-**VIDEO** | BLK 1 &BLK 5 & BLK 6 | RED 1& RED 3 | RED 2 & BLK 3 |
| 4:30-5:30PM- **PRACTICE** | RED 4 & BLK 7 | BLK 2 & BLK 4 |  |
| 4:30-5PM-**VIDEO** | BLK 2 & BLK 4 | RED 4 & BLK 7 | OPEN GYM |