

LT AND VALLEY WEEKLY TRAINING SCHEDULES

	COURT 1	COURT 2	COURT 3	COURT 4	
MONDAY 4:40- 6:35 practice	OPEN	13 BLUE	14 BLUE	12 BLUE	
MONDAY 6:35- 6:55 agility		13 BLUE	14 BLUE	12 BLUE/ 12ORANGE	
MONDAY 6:55- 7:20 jump/agility		VALLEY 15S 6:55- 8:55	15 BLUE	16 BLUE	12 ORANGE 6:55- 8:55
MONDAY 7:20- 9:20 practice			15 BLUE	16 BLUE	
TUESDAY 4:40- 6:35 practice	14 ORANGE	Valley 12s 4:55- 6:55	13 ORANGE	Lil Spikers	
TUESDAY 6:35- 6:55 agility	14 ORANGE		13 ORANGE		
TUESDAY 6:55- 7:20 jump/agility	18 ORANGE		16 ORANGE	17 ORANGE	15 ORANGE
TUESDAY 7:20- 9:20 practice	18 ORANGE		16 ORANGE	17 ORANGE	15 ORANGE
WEDNESDAY 4:40- 6:35 practice	OPEN	13 BLUE	14 BLUE	12 BLUE	
WEDNESDAY 6:35- 6:55 agility		13 BLUE	14 BLUE	12 BLUE/ 12ORANGE	
WEDNESDAY 6:55- 7:20 jump/agility		VALLEY 18S 6:55- 8:55	15 BLUE	16 BLUE	12 ORANGE 6:55- 8:55
WEDNESDAY 7:20- 9:20 practice			15 BLUE	16 BLUE	
THURSDAY 4:40- 6:35 practice	14 ORANGE	VALLEY 16S 4:55- 6:55	13 ORANGE	Lil Spikers	
THURSDAY 6:35- 6:55 agility	14 ORANGE		13 ORANGE		
THURSDAY 6:55- 7:20 jump/agility	18 ORANGE		16 ORANGE	17 ORANGE	15 ORANGE
THURSDAY 7:20- 9:20 practice	18 ORANGE		16 ORANGE	17 ORANGE	15 ORANGE
FRIDAY practice		VALLEY 14S 4:45- 6:45	Valley 12s 4:45- 6:45		
FRIDAY practice					
FRIDAY practice					
FRIDAY practice					

