

SUNDAY TRAINING SCHEDULES

	COURT 1	COURT 2	COURT 3	COURT 4
12PM - 2PM	OH / RS	OH / RS	DEFENSIVE	DEFENSIVE
	12 ORANGE 12 BLUE 13 ORANGE 13 BLUE	14 BLUE 15 BLUE 16 BLUE	12 ORANGE 12 BLUE 13 ORANGE 13 BLUE	14 BLUE 15 BLUE 16 BLUE
2PM - 4PM	SETTERS	SETTERS	MIDDLES	MIDDLES
	12 ORANGE 12 BLUE 13 ORANGE 13 BLUE	14 BLUE 15 BLUE 16 BLUE	12 ORANGE 12 BLUE 13 ORANGE 13 BLUE	14 BLUE 15 BLUE 16 BLUE
4PM - 6PM	SETTERS	SETTERS	MIDDLES	MIDDLES
	14 ORANGE 15 ORANGE	16 ORANGE 17 ORANGE 18 ORANGE	14 ORANGE 15 ORANGE	16 ORANGE 17 ORANGE 18 ORANGE
6PM - 8PM	OH / RS	OH / RS	DEFENSIVE	DEFENSIVE
	14 ORANGE 15 ORANGE	16 ORANGE 17 ORANGE 18 ORANGE	14 ORANGE 15 ORANGE	16 ORANGE 17 ORANGE 18 ORANGE

