

PRIDE SC Winter Training Schedule December 2023

Day, Date	Time	Court 5	Court 6
Sunday, December 3	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
Monday, December 4	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2019-2018	Juniors: 2017
	7:00-8:00pm	Juniors: 2016-2015	
Tuesday, December 5	4:00-5:00pm	Fitness/Speed High School	
	5:00-6:00pm	Fitness/Speed Session 1 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 1 2015-2013	
Wednesday, December 6	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, December 7	5:30-6:30pm	2014G-2013G Team	
	6:30-7:30pm	2012B Team	2015G Team
	7:30-8:30pm	2011B Team	
Sunday, December 10	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
Monday, December 11	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2019-2018	Juniors: 2017
	7:00-8:00pm	Juniors: 2016-2015	
Tuesday, December 12	4:00-5:00pm	Fitness/Speed High School	
	5:00-6:00pm	Fitness/Speed Session 1 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 1 2015-2013	
Wednesday, December 13	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, December 14	5:30-6:30pm	2015G Team	2014G-2013G Team
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	
Sunday, December 17	4:00-5:00pm	2007B-2006B Team	
	5:00-6:00pm	2009B-2008B Team	
Monday, December 18	5:00-6:00pm	2012G-2010G Team	
Tuesday, December 19	4:00-5:00pm	Fitness/Speed High School	
	5:00-6:00pm	Fitness/Speed Session 1 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 1 2015-2013	
Wednesday, December 20	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, December 21	5:30-6:30pm	2015G Team	2014G-2013G Team
	6:30-7:30pm	2012B Team	
	7:30-8:30pm	2011B Team	