

# PRIDE SC Winter Training Schedule NOVEMBER 2023

Day, Date	Time	Court 5	Court 6
Monday, Nov 13	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2019-2018	Juniors: 2017
	7:00-8:00pm	Juniors: 2016-2015	
Tuesday, Nov 14	5:00-6:00pm	Fitness/Speed Session 1 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 1 2015-2013	
Wednesday, Nov 15	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, Nov 16	5:30-6:30pm	2014G-2013G Team	
	6:30-7:30pm	2012B Team	2015G Team
	7:30-8:30pm	2011B Team	
Monday, Nov 20	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2019-2018	Juniors: 2017
	7:00-8:00pm	Juniors: 2016-2015	
Tuesday, Nov 21	5:00-6:00pm	Fitness/Speed Session 1 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 1 2015-2013	
Wednesday, Nov 22	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Monday, Nov 27	5:00-6:00pm	2012G-2010G Team	
	6:00-7:00pm	Juniors: 2019-2018	Juniors: 2017
	7:00-8:00pm	Juniors: 2016-2015	
Tuesday, Nov 28	5:00-6:00pm	Fitness/Speed Session 1 2012-2010	
	6:00-7:00pm	Fitness/Speed Session 1 2015-2013	
Wednesday, Nov 29	5:30-6:30pm	2015B Team	2016B Team
	6:30-7:30pm	2014B Team	2013B Team
	7:30-8:30pm	2010B Team	
Thursday, Nov 30	5:30-6:30pm	2014G-2013G Team	
	6:30-7:30pm	2012B Team	2015G Team
	7:30-8:30pm	2011B Team	