

# 2022/2023 Forza1 North Practice Schedule

TEAMS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 ONE		6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 8:00 PM			
18 ONE Franko	8:00 - 10:00 PM	6:30 - 8:30 PM	6:00 - 8:00 PM				
18 National	8:00 - 10:00 PM	8:00 - 10:00 PM	8:00 - 10:00 PM				
17 ONE		6:00 - 8:00 PM	6:00 - 8:00 PM		4:30 - 6:30 PM		
17 ONE Franko	6:00 - 8:00 PM	6:30 - 8:30 PM		6:00 - 8:00 PM			
17 National		8:00 - 10:00 PM	8:00 - 10:00 PM			8:00 - 10:00 AM	
16 ONE		6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 8:00 PM			
16 National Red		8:00 - 10:00 PM	8:00 - 10:00 PM		6:30 - 8:30 PM		
16 National Black	6:00 - 8:00 PM	8:00 - 10:00 PM		6:30 - 8:30 PM			
16 Elite Red		8:00 - 10:00 PM	8:00 - 10:00 PM				
16 Elite Black				8:00 - 10:00 PM		10:00 - 12:00 PM	
15 ONE		4:30 - 6:30 PM	6:00 - 8:00 PM	4:30 - 6:30 PM			
15 National Red	6:00 - 8:00 PM			8:00 - 10:00 PM	6:00 - 8:00 PM		
15 National Black	7:30 - 9:30 PM			8:00 - 10:00 PM	6:00 - 8:00 PM		
15 Elite Red				6:00 - 8:00 PM	6:00 - 8:00 PM		
15 Elite Black			6:00 - 8:00 PM		6:00 - 8:00 PM		
15 Elite Gold				8:00 - 10:00 PM		8:00 - 10:00 AM	
14 ONE		4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM			
14 National		6:00 - 8:00 PM		4:00 - 6:00 PM	4:00 - 6:00 PM		
14 Elite Red	6:00 - 8:00 PM		4:00 - 6:00 PM				
14 Elite Black	5:30 - 7:30 PM					10:00 - 12:00 PM	
13 ONE		4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM			
13 National			4:00 - 6:00 PM	4:00 - 6:00 PM		8:00 - 10:00 AM	
13 Elite Red			4:00 - 6:00 PM		4:00 - 6:00 PM		
13 Elite Black	5:30 - 7:30 PM					8:00 - 10:00 AM	
12 ONE		4:00 - 6:00 PM		4:00 - 6:00 PM	4:00 - 6:00 PM		
12 Elite	4:00 - 6:00 PM					8:00 - 10:00 AM	
11 ONE	4:00 - 6:00 PM		4:00 - 6:00 PM		4:00 - 6:00 PM		
HS Locals					7:00 - 8:30 PM		3:00 - 4:30 PM
14 Locals	4:00 - 5:30 PM					10:00 - 11:30 AM	
13 Locals	4:00 - 5:30 PM					10:00 - 11:30 AM	
12 Locals					5:30 - 7:00 PM		3:00 - 4:30 PM
11 Locals					5:30 - 7:00 PM		3:00 - 4:30 PM
OMSD Girls	4:00 - 6:00 PM						
OMSD Boys	4:00 - 6:00 PM						
12 ONE Boys		4:00 - 5:30 PM			4:00 - 5:30 PM		
15 ONE Boys	8:00 - 10:00 PM		8:00 - 10:00 PM				5:00 - 7:00 PM
17 ONE Boys	8:00 - 10:00 PM					10:00 - 12:00 PM	