

# 2023/2024 Forza1 North Practice Schedule

TEAMS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 ONE		8:00 - 10:00	6:00 - 8:00	8:00 - 10:00			
18 ONE Franko		8:00 - 10:00	6:00 - 8:00	8:00 - 10:00			
18 Elite	8:00 - 10:00		8:00 - 10:00				
17 ONE	6:00 - 8:00	8:00 - 10:00	6:00 - 8:00				
17 National	8:00 - 10:00		8:00 - 10:00		7:30 - 9:30		
16 ONE		6:00 - 8:00	6:00 - 8:00	6:00 - 8:00			
16 National Red	8:00 - 10:00		8:00 - 10:00		7:30 - 9:30		
16 National Black		6:00 - 8:00		8:00 - 10:00			
16 Elite Red	8:00 - 10:00		8:00 - 10:00				
16 Elite Black		6:00 - 8:00		6:00 - 8:00			
16 Elite Gold	8:00 - 10:00			8:00 - 10:00			
15 ONE	6:00 - 8:00		6:00 - 8:00		6:00 - 8:00		
15 National Red		6:00 - 8:00	8:00 - 10:00	6:00 - 8:00			
15 National Black	7:00 - 9:00		8:00 - 10:00				
15 Elite Red		8:00 - 10:00		6:00 - 8:00			
15 Elite Black		6:00 - 8:00		6:00 - 8:00			
14 ONE		4:00 - 6:00	4:00 - 6:00	4:00 - 6:00			
14 National Red	6:00 - 8:00		4:00 - 6:00		5:30 - 7:30		
14 National Black		4:00 - 6:00	4:00 - 6:00			8:00 am - 10:00 am	
14 Elite Red				4:00 - 6:00	6:00 - 8:00		
14 Elite Black	6:00 - 8:00					10:00 am - 12:00 pm	
14 Elite Gold				6:00 - 8:00		8:00 am - 10:00 am	
13 ONE	4:00 - 6:00		4:00 - 6:00		4:00 - 6:00		
13 Elite Red				4:00 - 6:00		10:00 am - 12:00 pm	
13 Elite Black	6:00 - 8:00					8:00 am - 10:00 am	
12 ONE		4:00 - 6:00		4:00 - 6:00	4:00 - 6:00		
12 Elite		4:00 - 6:00		4:00 - 6:00			
11 ONE	4:00 - 6:00		4:00 - 6:00		4:00 - 6:00		
11 Elite		4:00 - 6:00		4:00 - 6:00			
HS Locals Red					7:00 - 8:30		2:00 - 3:30
HS Locals Black					7:00 - 8:30		3:30 - 5:00
14 Locals Red	5:30 - 7:00					10:00 am - 11:30 pm	
14 Locals Black	5:30 - 7:00					10:00 am - 11:30 pm	
14 Locals Gold	4:00 - 5:30					10:00 am - 11:30 pm	
13 Locals Red			4:00 - 5:30			8:00 am - 9:30 am	
13 Locals Black	4:00 - 5:30					8:00 am - 9:30 am	
12 Locals					5:30 - 7:00		2:00 - 3:30
11 Locals					4:00 - 5:30		2:00 - 3:30
17 ONE Boys		8:00 - 10:00	6:00 - 8:00	8:00 - 10:00			
13 ONE Boys		4:00 - 5:30			4:00 - 5:30		
OMSD Girls 1	4:00 - 6:00				6:00 - 7:30		
OMSD Girls 2	4:00 - 6:00				6:00 - 7:30		
OMSD Boys 1	4:00 - 6:00				4:00 - 5:30		