

CGNTC TEAM TENTATIVE 2023-2024 TEAM SCHEDULE Effective Jan 2, 2023 *12/30

| LEVEL | HRS. | MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. | Monthly \$ |
|------------------|-------|--------------------|------------|--------------------|------------|------------|------------|-----------|------------|
| BOYS | | | | | | | | | |
| MENS ELITE 1 | 23 | 1:00-5:00 | 1:00-5:00 | 1:00-5:00 | 1:00-5:00 | 1:00-4:00 | 9:00-1:00 | | \$512 |
| MENS ELITE 2 | 23 | 2:00-6:00 | 2:00-6:00 | 2:00-6:00 | 2:00-6:00 | 2:00-5:00 | 9:00-1:00 | | \$512 |
| MENS ELITE 3 | 23 | 3:30-8:00 | 3:30-8:15 | 3:30-8:00 | 3:30-8:15 | 3:30-8:00 | | | \$512 |
| MENS GROUP A | 20 | 4:00-8:00 | 4:00-8:00 | 4:00-8:00 | 4:00-8:00 | 4:00-8:00 | | | \$478 |
| MENS GROUP B | 18 | 6:00-9:00 | 5:00-9:00 | | 5:00-9:00 | 5:00-8:00 | 8:00-12:00 | | \$ 454 |
| MENS GROUP C | 14 | 6:30-9:00 | 6:00-9:00 | 6:30-9:00 | | 6:00-9:00 | 12:30-3:30 | | \$ 400 |
| MENS PRETEAM A | 6 | 4:30-6:30 | | 4:30-6:30 | 4:30-6:30 | | | | \$305 |
| GIRLS | | | | | | | | | |
| WOMENS OPT A | 32.25 | 8-10:30/12:45-4:45 | 8:15-1:15 | 8-10:30/12:30-4:45 | 8:15-1:00 | 8:15-12:45 | 9:30-2:15 | | \$ 613 |
| WOMENS OPT B | 22.5 | 2:30-7:00 | 2:30-7:00 | 2:30-7:00 | 2:30-7:00 | 2:30-7:00 | | | \$ 506 |
| WOMENS OPT C | 22.5 | 2:00-6:30 | 2:00-6:30 | 2:00-6:30 | 2:00-6:30 | 2:00-6:30 | | | \$ 506 |
| WOMENS OPT D | 22.5 | 3:30-8:00 | 3:30-8:00 | | 3:30-8:00 | 3:30-8:00 | 9:30-2:00 | | \$ 506 |
| WOMENS OPT E | 21.5 | 4:30-8:30 | 4:30-9:00 | 4:30-8:30 | 4:30-9:00 | | 8:00-12:30 | | \$ 495 |
| WOMENS HMSC A | 22.5 | 10:15-2:45 | 10:15-2:45 | 10:15-2:45 | 11:00-3:30 | 10:15-2:45 | | | \$ 506 |
| WOMENS HMSC B | 23 | 8:00-12:30 | 8:15-1:00 | 8:00-12:30 | 8:15-1:00 | 8:15-12:45 | | | \$ 512 |
| WOMENS HMSC C | 21.75 | 12:00-4:15 | 11:45-4:15 | 11:30-3:30 | 11:00-3:30 | 11:00-3:30 | | | \$ 497 |
| WOMENS HMSC D | 16 | 12:00-4:00 | | 12:00-4:00 | 11:45-3:45 | 12:00-4:00 | | | \$ 434 |
| WOMENS COMP A | 16 | | 5:00-9:00 | 4:30-8:30 | | 4:30-8:30 | 8:00-12:00 | | \$ 434 |
| WOMENS COMP B | 14.5 | 5:30-9:00 | | 5:30-9:00 | 5:00-9:00 | | 11:00-2:30 | | \$ 408 |
| WOMENS COMP C | 12 | 6:00-9:00 | 6:00-9:00 | | 5:30-8:30 | | 8:00-11:00 | | \$ 376 |
| WOMENS COMP D | 12 | | 6:00-9:00 | 6:00-9:00 | | 6:00-9:00 | 2:30-5:30 | | \$ 376 |
| WOMENS PRETEAM A | 6 | 6:45-8:45 | | | 6:45-8:45 | | 12:30-2:30 | | \$ 305 |
| WOMENS PRETEAM B | 6 | 4:45-6:45 | | | 4:45-6:45 | | 2:30-4:30 | | \$ 305 |
| TNT | | | | | | | | | |
| TNT GROUP A | 11 | | 5:30-9:00 | | | 5:30-9:00 | | 1:00-5:00 | \$ 362 |
| TNT GROUP B | 7 | 6:30-9:00 | | 5:00-7:30 | | | 12:00-2:00 | | \$ 316 |
| TNT GROUP C | 7 | 6:30-9:00 | | 5:00-7:30 | | | 12:00-2:00 | | \$ 316 |
| TNT PRE TEAM A | 4 | 5:00-7:00 | | | 4:30-6:30 | | | | \$ 271 |
| TNT PRE TEAM B | 4 | 4:30-6:30 | | | 6:30-8:30 | | | | \$ 271 |
| XCEL | | | | | | | | | |
| XCEL A | 8 | 7:00-9:30 | | 7:00-9:30 | | | | 5:30-8:30 | \$ 329 |
| XCEL B | 8 | 7:00-9:30 | | | 7:00-9:30 | | | 5:30-8:30 | \$ 329 |
| XCEL C | 8 | | 7:00-9:30 | | | 7:00-9:30 | | 4:30-7:30 | \$ 329 |
| XCEL D | 7 | | 7:00-9:30 | | 7:00-9:30 | | | 3:30-5:30 | \$ 316 |
| XCEL E | 7 | | | 7:00-9:30 | | 7:00-9:30 | | 3:00-5:00 | \$ 316 |
| XCEL F | 7 | 4:30-7:00 | | | | 4:30-7:00 | | 1:00-3:00 | \$ 316 |
| XCEL G | 5 | | 4:30-7:00 | | | | | 1:00-3:30 | \$ 295 |
| XCEL H | 5 | | | | 4:30-7:00 | | | 1:30-4:00 | \$ 295 |
| XCEL Preteam | 5 | | | 4:30-7:00 | | | 3:00-5:30 | | \$ 295 |