

# NWU Indoor Training Schedule

(Nov. 7th - Feb. 10th)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:30pm	Next Gen - 2015/16 Boys	G10 Black	B11 Black & B10 Black	B13 Black & B13 Red	B11 Red & B10 Red
5:30-6:30pm	Next Gen - 2015/16 Girls	G08 Black	G12 Black	G14 Black & G13 Black	B12 Black & B12 Red
6:30-7:30pm	B14 Black	G09 Black & 06 Red	B08 Black	B09 Black & B07 Black	G11 & G12 Red
7:30-8:30pm	B08 Red & B08 White	B09 Red & G09 Red	G05 Black & G07/06 Black	B06 Black & B05/04 Black	G08 Red & G07 Red