|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| TEAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| **VARSITY** | 6:30-7:45AM | 6:30-7:45AM | 6:30-7:45AM | 6:30-7:45AM | 6:30-7:45AM | VOLUNTARY | OFF |
| **JUNIOR VARSITY** | 6:30-7:45AM | 6:30-7:45AM | 6:30-7:45AM | 6:30-7:45AM | 6:30-7:45AM | VOLUNTARY | OFF |

**LADY KNIGHTS XC**

**TYPICAL WEEKLY**

**PRACTICE SCHEDULE**

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