

	NCP 4W	NCP 4E	NCP 8N	NCP 8S
<u>Monday</u>				
5:00-6:30 pm	Blue Monday	2012B Blue/White/Nero	2013B	2008G
6:30-8:00 pm	Blue Monday	Blue Monday	2008B	2006G Nero
<u>Tuesday</u>				
5:00-6:30 pm	Academy		2013B	2010B Nero
6:30-8:00 pm	Academy		2008B	2010B
<u>Wednesday</u>				
5:00-6:30 pm	2012B Nero	Academy	2009G Nero	2008G
6:30-8:00 pm	2008B Nero	Academy	2011B/2011B Nero	2006G Nero
<u>Thursday</u>				
5:00-6:30 pm	2011B	2012B Blue/White/Cosmos	2008B	2010B
6:30-8:00 pm	2011B Nero		2009G Nero	2010B Nero
<u>Friday</u>				
5:00-6:30 pm		Cosmos		
6:30-8:00 pm				
	NCP 9N	NCP 9S	NCP 12N	NCP 12S
<u>Monday</u>				
5:00-6:30 pm	2004G/GK	2001G	2005G	2009B Nero
6:30-8:00 pm	GK	2003G	Express	2010B/2010B Nero
<u>Tuesday</u>				
5:00-6:30 pm	2006B	2007B	2011G	2009B
6:30-8:00 pm	2006G	2009G	2008B Nero	2007B Nero
<u>Wednesday</u>				
5:00-6:30 pm	2004G	2001G	2005G	2009B Nero
6:30-8:00 pm	2006G	2003G	Express	
<u>Thursday</u>				
5:00-6:30 pm	2006B/GK	2007B	2011G	2009B
6:30-8:00 pm	GK	2009G	2008B Nero	2007B Nero
GK Training-Begins August 5				
Mondays/Thursdays NCP 9N				
5:00-5:45	U8-U10			
5:45-6:45	U11-U13			
6:45-8:00	U14-U19			