

CB South Wrestling Weekly Practice Schedule (always subject to change)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>Varsity: Afternoon Practice Wrestling - 2:45pm to 4pm Lifting - 4pm to 5pm</p> <p>Junior Varsity: Afternoon Practice Lifting - 3pm to 4pm Wrestling - 4:15pm to 5:45pm</p>	<p>Varsity & JV: Morning Practice Wrestling - 5:15am to 6:35am</p> <p>Varsity: Afternoon Practice Wrestling - 2:45pm to 4:15pm</p> <p>Junior Varsity: Afternoon Practice Wrestling - 4:15pm to 5:45pm</p>	<p align="center">Dual Match Competition</p> <p align="center">~OR~</p> <p>Varsity: Afternoon Practice Wrestling - 2:45pm to 4:15pm</p> <p>Junior Varsity: Afternoon Practice Wrestling - 4:15pm to 5:45pm</p>	<p>Varsity & JV: Morning Practice Wrestling - 5:15am to 6:35am</p> <p>Varsity: Afternoon Practice Wrestling - 2:45pm to 4pm Lifting - 4:30pm to 5pm</p> <p>Junior Varsity: Afternoon Practice Wrestling - 4:15pm to 5:45pm Lifting - 4:30pm to 5pm</p>	<p>Varsity: Afternoon Practice Wrestling - 2:45pm to 4:15pm</p> <p>Junior Varsity: Afternoon Practice Wrestling - 4:15pm to 5:45pm</p>	<p align="center">Tournament Competition</p> <p align="center">~OR~</p> <p>Varsity & JV: Morning Practice Wrestling - 8am to 10am</p>