



**LANCERS**

## SPORTS PRACTICE SCHEDULE 2019 - 2020 - SEMESTER 1

| TIME      |               | MONDAY                                   | TUESDAY  | WEDNESDAY                    | THURSDAY   | FRIDAY                       | SATURDAY                        |
|-----------|---------------|--|--|------------------------------|--|------------------------------|---------------------------------|
| 3:40/4:00 | MIDDLE SCHOOL | PREPARATION                              |  |                              |  |                              | BASKETBALL<br>8:00/9:30         |
|           | HIGH SCHOOL   |  |  |                              |  |                              |                                 |
| 4:00/5:30 | MIDDLE SCHOOL | FUTSAL                                   | BASKETBALL<br>CHEERLEADING                           | VOLLEYBALL<br>CHEERLEADING   | FUTSAL<br>CHEERLEADING                               | VOLLEYBALL                   |                                 |
|           | HIGH SCHOOL   | CHEERLEADING<br>BOYS & GIRLS             |  | CHEERLEADING<br>BOYS & GIRLS |  | CHEERLEADING<br>BOYS & GIRLS | BASKETBALL BOYS<br>9:30/11:00   |
| 4:00/6:30 | HIGH SCHOOL   | SOCCER BOYS & GIRLS<br>(COLÉGIO MILITAR) | SOCCER GIRLS<br>BASKETBALL BOYS<br>(COLÉGIO MILITAR) | VOLLEYBALL<br>BOYS & GIRLS   | SOCCER BOYS<br>BASKETBALL GIRLS<br>(COLÉGIO MILITAR) | VOLLEYBALL<br>BOYS & GIRLS   | BASKETBALL GIRLS<br>11:00/12:30 |