

# ROK Sonoma SATURDAY Practice Schedule

## October 7, 2018

TIME	CLASS/GROUP
8:00 AM	Practice Group 1
8:10 AM	Practice Group 2
8:20 AM	Practice Group 3
8:30 AM	Practice Group 4
8:45 AM	Practice Group 5
9:00 AM	Practice Group 1
9:10 AM	Practice Group 2
9:20 AM	Practice Group 3
9:30 AM	Practice Group 4
9:45 AM	Practice Group 5
10:00 AM	Practice Group 1
10:10 AM	Practice Group 2
10:20 AM	Practice Group 3
10:30 AM	Practice Group 4
10:45 AM	Practice Group 5
11:00 AM	Practice Group 1
11:10 AM	Practice Group 2
11:20 AM	Practice Group 3
11:30 AM	Practice Group 4
11:45 AM	Practice Group 5
12:00 PM	Practice Group 1
12:10 PM	Practice Group 2
12:20 PM	Practice Group 3
12:30 PM	Practice Group 4
12:45 PM	Practice Group 5
1:00 PM	Practice Group 1
1:10 PM	Practice Group 2
1:20 PM	Practice Group 3
1:30 PM	Practice Group 4
1:45 PM	Practice Group 5
2:00 PM	Practice Group 1
2:10 PM	Practice Group 2
2:20 PM	Practice Group 3
2:30 PM	Practice Group 4
2:45 PM	Practice Group 5
3:00 PM	Practice Group 1
3:10 PM	Practice Group 2
3:20 PM	Practice Group 3
3:30 PM	Practice Group 4
3:45 PM	Practice Group 5
4:00 PM	Practice Group 1
4:10 PM	Practice Group 2
4:20 PM	Practice Group 3
4:30 PM	Practice Group 4
4:45 PM	Practice Group 5
<b>5:00 PM</b>	<b>Practice Closed</b>

### Sanzaru Groups

- Group 1 10 mins Mini ROK
- Group 2 10 mins Micro ROK
- Group 3 10 mins 80 Masters, VLR100 & KA100
- Group 4 15 mins Junior, Senior, Master ROK
- Group 5 15 mins ALL ROK Shifters

