RAB 2023-24 Weekday Practice Schedule				
Monday	Tuesday	Wednesday		
			4:00	
			4:30	
5:00pm - 6:00pm	5:00pm - 6:00pm Nelson Recreation Centre <b>U12B</b>		5:00	
FUN 1/2		5:30pm - 6:30pm Mainway Recreation Centre <b>FUN3</b>	5:30	
6:00pm - 7:00pm	6:00pm - 7:00pm Nelson Recreation Centre <b>U14B</b>		6:00	
U12A		6:30pm - 7:30pm	6:30	
	7:00pm - 8:00pm	U14AA	7:00	
7:30pm - 8:30pm	<b>U14AA</b> 8:00pm - 9:00pm	7:30pm - 8:30pm Mainway Recreation Centre <b>U16B</b>	7:30	
U16AA			8:00	
8:30pm - 9:30pm	9:00pm - 10:00pm Nelson Recreation Centre U19AA	8:30pm - 9:30pm Mainway Recreation Centre <b>U19B</b>	8:30	
U19AA			9:00	
			9:30	
	5:00pm - 6:00pm Mountainside Recreation Centre FUN 1/2 6:00pm - 7:00pm Mountainside Recreation Centre U12A 7:30pm - 8:30pm Mainway Recreation Centre U16AA 8:30pm - 9:30pm Mainway Recreation Centre	Monday  Tuesday  5:00pm - 6:00pm Mountainside Recreation Centre FUN 1/2  6:00pm - 7:00pm Mountainside Recreation Centre U12A  6:00pm - 7:00pm Mountainside Recreation Centre U14B  7:00pm - 8:00pm Nelson Recreation Centre U14AA  7:00pm - 8:00pm Nelson Recreation Centre U14AA  8:00pm - 9:00pm Nelson Recreation Centre U16AA  8:00pm - 9:00pm Nelson Recreation Centre U16AA  9:00pm - 10:00pm Nelson Recreation Centre	Tuesday  Tuesday  Tuesday  Tuesday  Tuesday  Tuesday  Tuesday  Wednesday  S:00pm - 6:00pm Nelson Recreation Centre U12B  6:00pm - 7:00pm Mountainside Recreation Centre U12A  F:00pm - 7:00pm Nelson Recreation Centre U14B  T:00pm - 8:00pm Nelson Recreation Centre U14AA  T:30pm - 8:30pm Nelson Recreation Centre U14AA  Rinway Recreation Centre U16AA  8:00pm - 9:00pm Nelson Recreation Centre U16AA  8:00pm - 9:00pm Nelson Recreation Centre U16AA  8:30pm - 9:30pm Nelson Recreation Centre U16AA  9:00pm - 10:00pm Nelson Recreation Centre U19AA  Mainway Recreation Centre U16B  8:30pm - 9:30pm Mainway Recreation Centre U16B  18:30pm - 9:30pm Mainway Recreation Centre U19B	

RAB 2023-24 Weekend Ice			
	Saturday	Sunday	
10:00		10:00am - 11:00am Nelson Recreation Centre	
10:30		FUN 1/2	
11:00		11:00am - 12:00pm Nelson Recreation Centre	
11:30		GAME ICE 7	
12:00		12:00pm - 1:00pm Nelson Recreation Centre	
12:30	12:30pm - 1:30pm Mainway Recreation Centre	GAME ICE 8	
1:00	GAME ICE 1		
1:30	1:30pm - 2:30pm Mainway Recreation Centre		
2:00	GAME ICE 2		
2:30	2:30pm - 3:30pm Mainway Recreation Centre		
3:00	GAME ICE 3		
3:30	3:30pm - 4:30pm Mainway Recreation Centre		
4:00	GAME ICE 4		
4:30	4:30pm - 5:30pm Mainway Recreation Centre		
5:00	GAME ICE 5		
5:30	5:30pm - 6:30pm Mainway Recreation Centre		
6:00	GAME ICE 6	6:00pm - 7:00pm Appleby Ice Centre	
6:30		DEVELOPEMENT ICE	
7:00		7:00pm - 8:00pm Appleby Ice Centre	
7:30		DEVELOPEMENT ICE	
8:00			