

| | | Team 2 - Red / Pink | |
|------------|----------|---------------------|----------|
| Start Time | End Time | Wk 1 & 5 | Wk 2 & 6 |
| 9:00 | 9:10 | Team warm-up | |
| 9:10 | 9:27 | Game | Practice |
| 9:30 | 9:47 | Practice | Game |
| 9:50 | 10:07 | Devo | Game |
| 10:10 | 10:27 | Game | Devo |
| 10:30 | 10:47 | Game | Game |
| 10:50 | 11:07 | Practice | Practice |
| Start Time | End Time | Wk 3 & 7 | Wk 4 & 8 |
| 9:00 | 9:10 | Team warm-up | |
| 9:10 | 9:27 | Game | Game |
| 9:30 | 9:47 | Practice | Practice |
| 9:50 | 10:07 | Devo | Game |
| 10:10 | 10:27 | Game | Devo |
| 10:30 | 10:47 | Game | Practice |
| 10:50 | 11:07 | Practice | Game |