



2025-2026 BBST Training Schedule Breakdown (Quinte Sports and Wellness Centre)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Performance Mornings		5:15-7am		5:15-7am		6:45-9am
Performance Afternoons	4:15-6pm	4:15-6pm	4:15-6:30pm	4:15-6pm	4:15-7pm	
Performance Dry-land		7-8pm @ Momentus		3-4pm @ Momentus		9:30-10:30am @ Momentus
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Mornings		5:15-7am		5:15-7am		6:45-9am
Senior Afternoons	4:15-6pm	4:15-6pm	4:15-6:30pm		4:15-6pm	
Senior Dry-Land		7-8pm @ Momentus		5-6pm @ Momentus		9:30-10:30am @ Momentus
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advanced Mornings		5:15-7am		5:15-7am		6:45-9am
Advanced Afternoons	4:15-6pm		4:15-5:30pm		4:15-6pm	
Advanced Dry-land		7-8pm @ Momentus		5-6pm @ Momentus		9:30-10:30am @ Momentus
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Development Mornings						8:45-10am
Development Afternoons		4:15-6pm	6:15-7:30pm	4:15-6pm	5:45-7pm	
Development Dry-land			5:30-6:15pm On Pool Deck			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novice Mornings						8:45-10am
Novice Afternoons	5:45-7pm		6:15-7:30pm	5:45-7pm		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jr. Beast Afternoons	5:45-7pm			5:45-7pm		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jr. Masters Evenings	6:45-8pm		7:15-8:30pm			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters Evenings	6:45-8pm		7:15-8:30pm		6-7pm (Masters Plus)	