



2026 Practice Schedule - week of February 16th

Broomfield Community Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 16	February 17	February 18	February 19	February 20	February 21	February 22
Developmental 1		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC			
Developmental 2		5:45-6:30pm @ BCC		5:45-6:30pm @ BCC			
Adv. Developmental 1	5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		
Adv. Developmental 2	5:45-6:30pm @ BCC		5:45-6:30pm @ BCC		5:45-6:30pm @ BCC		
Red Group	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC			
Maroon Group	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC		
Silver Group	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC		
White Group	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC		

*All BCC workouts will be conducted at the Broomfield Community Center: 280 Spader Way, Broomfield, 80020

*please note some practices will be held in the smaller warm pool.

Veterans Memorial Aquatic Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 16	February 17	February 18	February 19	February 20	February 21	February 22
Gray AM							
Gray PM	6:30-8:30pm @VMAC (S)	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	6:30-8:30pm @VMAC (N)	6:30-8:30pm @VMAC (S)	1:00-3:00pm @VMAC	
Gold AM	5:30-6:45am @ MOB	5:30-7:00am @VMAC (M)	5:30-7:00am @VMAC (M)				
Gold PM	5:15-7:15pm @VMAC (M)		TBA	5:30-7:30pm @VMAC (M)	5:30-7:30pm @VMAC (M)	1:00-3:00pm@VMAC	SENIOR STATE
Black 1 AM	5:30-6:45am @ MOB	5:30-7:00am @VMAC (M)	5:30-7:00am @VMAC (M)			SENIOR STATE	
Black 1 PM	5:15-7:00pm @VMAC (S)			5:15-7:00pm @VMAC (N)	5:15-7:00pm @VMAC (S)	1:00-3:00pm@VMAC	SENIOR STATE
Black 2 AM		5:30-7:00am @VMAC (M)	5:30-7:00am @VMAC (M)	6:00-6:45am@MOB		SENIOR STATE	
Black 2 PM	5:15-7:30pm @VMAC (M)	7:00-8:00pm@MOB		5:30-7:45pm @VMAC (M)	5:30-7:45pm @VMAC (M)	1:00-3:00pm@VMAC	SENIOR STATE
						SENIOR STATE	

*All VMAC workouts will be held at Veterans Memorial Aquatic Center: 5310 E 136th Ave, Thornton 80241

*Gold Group, Black 1 Group, and Black 2 Group strength workouts will be held at Crossfit Mob: 3750 E 120th Ave 80233

*practices may conclude earlier than the allotted time at the beginning of the season.