



2026 Practice Schedule - week of January 12th

Broomfield Community Center

	Monday January 12	Tuesday January 13	Wednesday January 14	Thursday January 15	Friday January 16	Saturday January 17	Sunday January 18
Developmental 1		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC			
Developmental 2		5:45-6:30pm @ BCC		5:45-6:30pm @ BCC			
Advanced Developmental 1	5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		
Advanced 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	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 January 12	Tuesday January 13	Wednesday January 14	Thursday January 15	Friday January 16	Saturday January 17	Sunday January 18
Gray AM							
Gray PM	6:30-8:30pm @VMAC (N)	6:30-8:30pm @VMAC (N)	6:30-8:30pm @VMAC (S)	6:30-8:30pm @ VMAC (N)	CUDA CLASSIC	CUDA CLASSIC	CUDA CLASSIC
Gold AM	5:30-6:45am @ MOB		5:30-6:45am @ MOB				
Gold PM	5:30-7:30pm @VMAC (M)	5:30-7:30pm @VMAC (M)	5:45-7:45pm @VMAC (M)	5:30-7:30pm @VMAC (M)	CUDA CLASSIC	CUDA CLASSIC	CUDA CLASSIC
Black 1 AM	5:30-6:45am @ MOB		5:30-6:45am @ MOB				
Black 1 PM	5:30-7:00pm @VMAC (M)	5:30-7:00pm @VMAC (M)	5:30-7:00pm @VMAC (S)	5:30-7:00pm @VMAC (M)	CUDA CLASSIC	CUDA CLASSIC	CUDA CLASSIC
Black 2 AM		5:30-6:45am @ MOB		5:30-6:45am @ MOB			
Black 2 PM	5:30-7:45pm @VMAC (M)	5:30-7:45pm @VMAC (M)	5:30-8:00pm @VMAC (M)	5:30-7:45pm @VMAC (M)	CUDA CLASSIC	CUDA CLASSIC	CUDA CLASSIC

*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.