



## 2026 Practice Schedule - week of January 19th

### Broomfield Community Center

	Monday January 19	Tuesday January 20	Wednesday January 21	Thursday January 22	Friday January 23	Saturday January 24	Sunday January 25
Developmental 1	NO PRACTICE	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		
Advanced Developmental 2			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			
Maroon Group		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		
White Group		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 19	Tuesday January 20	Wednesday January 21	Thursday January 22	Friday January 23	Saturday January 24	Sunday January 25
Gray AM	NO PRACTICE					7:00-8:30am @ VMAC (S)	
Gray PM		6:30-8:30pm @VMAC (N)	6:30-8:30pm @VMAC (S)	6:30-8:30pm @ VMAC (N)	5:30-7:30pm @ VMAC (M)		
Gold AM			5:30-6:45am @ MOB			6:30-8:30pm @VMAC (M)	
Gold PM		5:30-7:30pm @VMAC (M)	5:45-7:45pm @VMAC (M)	5:45-7:45pm @VMAC (M)	5:30-7:30pm @VMAC (M)		
Black 1 AM			5:30-6:45am @ MOB				
Black 1 PM		5:30-7:00pm @VMAC (M)	5:30-7:00pm @VMAC (S)	5:30-7:00pm @VMAC (M)	5:30-7:00pm @VMAC (M)		
Black 2 AM		5:30-6:45am @ MOB		5:30-6:45am @ MOB		6:30-8:30am @VMAC (M)	
Black 2 PM		5:30-7:45pm @VMAC (M)	5:30-8:00pm @VMAC (M)	5:45-8:00pm @VMAC (M)	5:30-7:30pm @VMAC (M)		

\*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