



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