



## 2026 Practice Schedule - week of January 26th

### Broomfield Community Center

	Monday January 26	Tuesday January 27	Wednesday January 28	Thursday January 29	Friday January 30	Saturday January 31	Sunday February 1
<b>Developmental 1</b>		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC			
<b>Developmental 2</b>		5:45-6:30pm @ BCC		5:45-6:30pm @ BCC			
<b>Advanced Developmental 1</b>	5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		
<b>Advanced Developmental 2</b>	5:45-6:30pm @ BCC		5:45-6:30pm @ BCC		5:45-6:30pm @ BCC		
<b>Red Group</b>	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC			
<b>Maroon Group</b>	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		
<b>Silver Group</b>	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		
<b>White Group</b>	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 26	Tuesday January 27	Wednesday January 28	Thursday January 29	Friday January 30	Saturday January 31	Sunday February 1
<b>Gray AM</b>						7:00-9:00am @ VMAC (S)	
<b>Gray PM</b>	6:30-8:30pm @ VMAC (N)	6:30-8:30pm @ VMAC (N)	6:30-8:30pm @ VMAC (S)	6:30-8:30pm @ VMAC (N)	TBD		
<b>Gold AM</b>	5:30-6:45am @ MOB		5:30-6:45am @ MOB			7:00-9:00am @ VMAC (M)	
<b>Gold PM</b>	5:30-7:30pm @ VMAC (M)	5:45-7:45pm @ VMAC (M)	5:30-7:30pm @ VMAC (M)	5:30-7:30pm @ VMAC (M)	TBD		
<b>Black 1 AM</b>	5:30-6:45am @ MOB		5:30-6:45am @ MOB			7:00-9:00am @ VMAC (M)	
<b>Black 1 PM</b>	5:30-7:00pm @ VMAC (M)	5:45-7:15pm @ VMAC (M)	5:30-7:00pm @ VMAC (S)	5:30-7:00pm @ VMAC (M)	TBD		
<b>Black 2 AM</b>		5:30-6:45am @ MOB		5:30-6:45am @ MOB		7:00-9:00am @ VMAC (M)	
<b>Black 2 PM</b>	5:30-7:45pm @ VMAC (M)	5:45-8:00pm @ VMAC (M)	5:15-7:45pm @ VMAC (M)	5:30-7:45pm @ VMAC (M)	TBD		

\*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.