



## 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
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			
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 26	Tuesday January 27	Wednesday January 28	Thursday January 29	Friday January 30	Saturday January 31	Sunday February 1
Gray AM						7:00-9:00am @ VMAC (S)	
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)	TBD		
Gold AM	5:30-6:45am @ MOB		5:30-6:45am @ MOB			7:00-9:00am @VMAC (M)	
Gold PM	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		
Black 1 AM	5:30-6:45am @ MOB		5:30-6:45am @ MOB			7:00-9:00am @VMAC (M)	
Black 1 PM	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		
Black 2 AM		5:30-6:45am @ MOB		5:30-6:45am @ MOB		7:00-9:00am @VMAC (M)	
Black 2 PM	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.