

December 1, 2025 - March 14, 2026

Advanced, INTMD2, INTMD1, Gold

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advanced a.m.	5:45 – 7:15		5:45 – 7:15		5:45 – 7:15	7:30 – 10:00
p.m.	3:00 – 5:00	3:00 – 5:00		3:00 – 5:00	3:00 – 5:00	
INTMD 2 a.m.	5:45 – 7:15		5:45 – 7:15		5:45 – 7:15	7:30 – 10:00
p.m.	3:00 – 5:00	3:00 – 5:00		3:00 – 5:00	3:00 – 5:00	
INTMD 1 p.m.	5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW	6:00 – 7:15 AM optional	5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW	8:00 – 10:00
Gold p.m.	5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW		5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW	8:00-10:00

Silver, Bronze, Pre-team (all P.M.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	4:45 – 5:00 DL 5:00 – 6:00 SW	4:45 – 5:00 DL 5:00 – 6:00 SW		4:45 – 5:00 DL 5:00 – 6:00 SW	4:45 – 5:00 DL 5:00 – 6:00 SW	10:00-11:00
Bronze	5:00 – 5:15 DL 5:15 – 6:00 SW	5:00 – 5:15 DL 5:15 – 6:00 SW		5:00 – 5:15 DL 5:15 – 6:00 SW	5:00 – 5:15 DL 5:15 – 6:00 SW	10:00-11:00
Pre-Teams	5:00 – 5:45	5:00 – 5:45		5:00 – 5:45	5:00 – 5:45	11:00 – 11:45

School Conditioning*	3:00 – 4:30	3:00 – 4:30		3:00 – 4:30		
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*starting January 8, 2026