



Winter 1 2025 Practice Schedule

Monday-

Bronze- 5:30-6:45pm @ Allen

Stars- 6:30-7:30pm @ Allen

Platinum- 6:00-8:00pm (5:30pm Yoga) @ MC

Gold- 6:00-7:45pm (5:30pm Yoga) @ MC

Silver- 6:00-7:30pm (5:30pm Yoga) @ MC

Tuesday-

Platinum- 6:00-8:00pm @ Allen

Gold- 6:00-7:45pm @ Allen

Silver- 6:00-7:30pm @ Allen

Seahorse- 6:00-6:45pm @ Allen

Bronze- 5:00-6:30pm @ MC

Wednesday-

Platinum- 5:30-7:30pm @ MC

Stars- 5:30-6:30pm @ MC

Bronze- 6:30-7:45pm @ MC

Thursday-

Bronze- 5:30-7:00pm @ Allen

Stars- 6:30-7:30pm @ Allen

Platinum- 6:00-8:00pm (5:30pm Dryland) @ MC

Gold- 6:00-7:45pm (5:30pm Dryland) @ MC

Silver- 6:00-7:30pm (5:30pm Dryland) @ MC

Seahorse- 5:30-6:15pm @ MC

Friday-

Platinum- 5:00-7:00pm @ MC

Gold- 5:00-6:45pm @ MC

Silver- 5:30-7:00pm@ MC

Saturday-

Platinum- 9:00-11:00am @ Rodale

Gold- 9:00-11:00am @ Rodale

Silver- 9:00-10:45am @ Rodale

Seahorse- 9:00-9:45am @ Rodale

Bronze- 10:45am-Noon @ Rodale

Stars- 11:00am-Noon @ Rodale