

November 2025 USC Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 SUIT UP SATURDAY! 7-7:15 am SU/S/SP/SHS/JR dynamic warm up 7:15-9:15 am SU/S/SP/SHS/JR 12:30-1:30 pm @ Yoga 626 13&Overs
2	3 4:45-5 pm SU/S/SP/JR dynamic warm up or classroom 5-6:45 pm SU/S/SP/JR 6:30-6:45 pm SHS dynamic warm up 6:45-8:15 pm SHS/AG3/AG2 6:45-8 pm AG1	4 5-6:30 pm JR/AG3/AG2 6:30-8:30 pm SU/S/SP/SHS	5 5-6:30 pm AG3/AG2/AG1 6:15-6:30 pm SU/S/SP/SHS dynamic warm up 6:30-8:30 pm SU/S/SP/SHS	6 5:30-7 am SU/S/SP/SHS 5-7 pm JR 5-6:30 pm AG3 7-8:30 pm SU/S/SP/SHS	7 5-6:30 pm JR/AG2/AG1 6:30-8 pm SU/S/SP/SHS	8 7-7:15 am SU/S/SP/SHS/JR dynamic warm up 7:15-9:15 am SU/S/SP/SHS/JR 9:15-10:30 am AG3/AG2/AG1 12:30-1:30 pm @ Yoga 626 13&Overs
9	10 4-4:15 pm SU/S/SP/JR dynamic warm up or classroom 4:15-6:15 pm SU/S/SP/JR 6-6:15 pm SHS dynamic warm up 6:15-7:45 pm SHS/AG3/AG2/AG1	11 4-5:30 pm JR/AG3/AG2 5:30-7:30 pm SU/S/SP/SHS	12 4-5:30 pm AG3/AG2/AG1 5:15-5:30 pm SU/S/SP/SHS dynamic warm up 5:30-7:30 pm SU/S/SP/SHS	13 5:30-7 am SU/S/SP/SHS 4-6 pm JR 4-5:30 pm AG3 6-7:30 pm SU/S/SP/SHS	14 4-5:30 pm JR/AG2/AG1 5:30-7 pm SU/S/SP/SHS	15 SUIT UP SATURDAY! 7-7:15 am SU/S/SP/JR dynamic warm up 7:15-9:15 am SU/S/SP/JR

16	17 4-4:15 pm SU/S/SP/JR dynamic warm up or classroom 4:15-6:15 pm SU/S/SP/JR 6-6:15 pm SHS dynamic warm up 6:15-7:45 pm SHS/AG3/AG2/AG1	18 4-5:30 pm JR/AG3/AG2 5:30-7:30 pm SU/S/SP/SHS	19 4-5:30 pm AG3/AG2/AG1 5:15-5:30 pm SU/S/SP/SHS dynamic warm up 5:30-7:30 pm SU/S/SP/SHS	20 5:30-7 am SU/S/SP/SHS 4-6 pm JR 4-5:30 pm AG3 6-7:30 pm SU/S/SP/SHS	21 RAFC TRAVEL MEET 4-5:30 pm JR/AG2/AG1 5:30-7 pm SU/S/SP/SHS	22 RAFC TRAVEL MEET SUIT UP SATURDAY! 7-7:15 am SU/S/SP/SHS/JR dynamic warm up 7:15-9:15 am SU/S/SP/SHS/JR
23 RAFC TRAVEL MEET	24 4-4:15 pm SU/S/SP/JR dynamic warm up or classroom 4:15-6:15 pm SU/S/SP/JR 6-6:15 pm SHS dynamic warm up 6:15-7:45 pm SHS/AG3/AG2/AG1	25 4-5:30 pm JR/AG3/AG2 5:30-7:30 pm SU/S/SP/SHS	26 4-5:30 pm AG3/AG2/AG1 5:15-5:30 pm SU/S/SP/SHS dynamic warm up 5:30-7:30 pm SU/S/SP/SHS	27 NO PRACTICES	28 4-5:30 pm JR/AG2/AG1 5:30-7 pm SU/S/SP/SHS	29 7-7:15 am SU/S/SP/JR dynamic warm up 7:15-9:15 am SU/S/SP/JR 9:15-10:30 am AG3/AG2/AG1
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