

MACHINE AQUATICS

TYSONS ONE LIFE FITNESS



2025-2026 SEASON INFORMATION

PRACTICE TIMES - GROUPS/TIMES CAN NOT BE MIXED

<u>GROUP NAME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
TSO - SENIOR ORANGE	3:45 - 5:15 PM	3:45 - 5:15 PM		3:45 - 5:15 PM		7:30 - 9:00 AM @ OAKMONT
TSSM - SENIOR SILVER TSST - SENIOR SILVER	3:45 - 5:15 PM	3:45 - 5:15 PM	3:45 - 5:15 PM	3:45 - 5:15 PM	3:45 - 5:15 PM	7:30 - 9:00 AM @ OAKMONT 7:30 - 9:00 AM @ OAKMONT
TSGM - SENIOR GREEN TSGT - SENIOR GREEN	3:45 - 5:15 PM	3:45 - 5:15 PM	3:45 - 5:15 PM	3:45 - 5:15 PM		
THPT1 - HS/ SUMMER PREP THPT2 - HS/ SUMMER PREP	3:45 - 5:15 PM	3:45 - 5:15 PM	3:45 - 5:15 PM	3:45 - 5:15 PM		
TGSM - GEARS SILVER TGST - GEARS SILVER	5:00 - 6:30 PM	5:00 - 6:30 PM	5:00 - 6:30 PM	5:00 - 6:30 PM		7:30 - 9:00 AM @ OAKMONT 7:30 - 9:00 AM @ OAKMONT
TGGM - GEARS GREEN TGGT - GEARS GREEN	5:00 - 6:30 PM	5:00 - 6:30 PM	5:00 - 6:30 PM	5:00 - 6:30 PM		
TITF - TECHNIQUE & FITNESS					3:30 - 4:30 PM	
T1 - MACHINE MAINTENANCE T2 - MACHINE MAINTENANCE					4:30 - 5:30 PM 5:30 - 6:30 PM	