



Practice Schedule

Session One: August 19-November 21, 2025 • Session Two: January 6-March 12, 2025

Updated 07/31/2025

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Fit: 2 Day Option M/W	4:30-5:15 PM	off	4:30-5:15 PM	off	off	off
Bronze Fit: 2 Day Option Tu/Th	off	4:30-5:15 PM	off	4:30-5:15 PM	off	off
Silver Fit: 3 Day Option	5:15-6:15 PM	off	5:15-6:15 PM	off	5:00-6:00 PM	off
Silver Fit: 2 Day Option	off	5:15-6:15 PM	off	5:15-6:15 PM	off	off
Gold Fit: 3 Day Option	6:15-7:45 PM	off	6:15-7:45 PM	off	5:00-6:30 PM	off
Gold Fit: 2 Day Option	off	6:15-7:45	off	6:15-7:45	off	off

Practice Changes

No practice: Sep 1, Sep 22, Oct 16-17, Oct 20, Feb 12-13, Feb 16