



Practice Schedule

Session Two: January 6-March 12, 2025

Updated 07/31/2025

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Fit	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
Silver Fit	5:15-6:15 PM	5:45-6:45 PM	5:15-6:15 PM	5:45-6:45 PM	off	off
Gold Fit	5:15-6:45 PM	6:00-7:30 PM	5:15-6:45 PM	6:00-7:30 PM	5:00-6:30 PM	off

Practice Changes

No practice: Feb 12-13, Feb 16