

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------------|--------------------|------------------|--------------------|--------------------|-------------------|----------------|
| SENIOR GOLD (CGAC & THAMES) | | | | | | | |
| AM | | 5:30-7:30 CGAC | | 5:30 - 7:30 CGAC | 5:30 - 7:30 CGAC | 5:30-7:30 CGAC | |
| PM | 3:00 - 5:00 CGAC | 3:00 - 4:30 THAMES | | 3:00 - 4:00 THAMES | | | |
| Dryland | | | 2:45-3:45PM | | | 8:00-8:45 AM | |
| SENIOR SILVER (CGAC & THAMES) | | | | | | | |
| AM | | 5:30 - 7:30 CGAC | | 5:30 - 7:30 CGAC | | 5:30-7:00 CGAC | 6:00-7:30 CGAC |
| PM | | 3:00-4:30 THAMES | 3:00-4:30 CGAC | | 3:00 - 4:30 THAMES | | |
| Dryland | | | | 2:45-3:45 PM | | 7:15-8:00 AM | |
| SENIOR BRONZE 1 (CGAC & THAMES) | | | | | | | |
| AM | | | | | | 7:00-8:00 THAMES | |
| PM | 3:00-4:00 THAMES | 3:00-4:30 CGAC | 3:00-4:30 THAMES | 3:00-4:00 CGAC | 3:00-4:30 CGAC | | |
| Dryland | 5:00-5:45 PM | | | | | 10-10:45 AM Yoga | |
| SENIOR BRONZE 2 (CGAC & THAMES) | | | | | | | |
| AM | | | | | | 7:00-8:00 THAMES | 5:30-6:45 CGAC |
| PM | 3:00-4:00 THAMES | 4:30-5:30 CGAC | 5:45 - 6:45 CGAC | 4:00-5:30 CGAC | | | |
| Dryland | 5:00-5:45 PM | | | | | 10-10:45 AM Yoga | |
| AGE GROUP GOLD (CGAC & THAMES) | | | | | | | |
| AM | | | 5:30 - 7:30 CGAC | | | 7:00-9:00 CGAC | |
| PM | 4:00-5:00 THAMES | 4:30-6:00 THAMES | | 4:00-5:00 THAMES | 4:30-6:00 THAMES | | |
| Dryland | | | 4:15-5:00 PM | | | 10-10:45 AM Yoga | |
| AGE GROUP SILVER (CGAC & THAMES) | | | | | | | |
| AM | | | 5:30 - 6:30 CGAC | | | 7:30-8:30 CGAC | |
| PM | 4:00-5:00 THAMES | 4:30-6:00 THAMES | | 4:00-5:00 THAMES | 4:30-6:00 THAMES | | |
| Dryland | | | 4:15-5:00 PM | | | 10-10:45 AM Yoga | |
| AGE GROUP BLUE (CGAC & THAMES) | | | | | | | |
| AM | | | | | | 8:00-9:00 THAMES | |
| PM | 5:00-6:00 THAMES | | 4:30-6:00 THAMES | 5:00-6:00 THAMES | 4:00-5:00 CGAC | | |
| Dryland | | 5:00-5:30 PM | | | | 10-10:45 AM Yoga | |
| AGE GROUP BRONZE (CGAC & THAMES) | | | | | | | |
| AM | | | | | | 8:00-9:00 THAMES | |
| PM | 5:00-6:00 THAMES | | 4:30-6:00 THAMES | 5:00-6:00 THAMES | 5:00-6:00 CGAC | | |
| Dryland | | 5:00-5:30 PM | | | | 10-10:45 AM Yoga | |
| AGE GROUP ORANGE (CGAC & THAMES) | | | | | | | |
| AM | | | 6:30-7:30 CGAC | | | 9:00-10:00 THAMES | |
| PM | | 5:30 - 6:30 CGAC | | 5:30 - 6:30 CGAC | | | |
| DEVELOPMENT - 1 Weekday and 1 Weekend per week - Coaches will assign groups | | | | | | | |
| AM | | | | | | 9:00-10:00 THAMES | 7:30-8:30 CGAC |
| PM | 5:15-6:15 CGAC | | | | 6:00 - 7:00 CGAC | | |