



Tuesday, September 6 – March TBD **

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group Prep	OFF	6 -7 PM	OFF	OFF	OFF	9-10 AM
Age Group	OFF	6-7 PM	OFF	6 -7 PM	OFF	9-10 AM
Sr. Prep 2*	6-7:30 PM	7-8:30 PM	6-7:30 PM	OFF	OFF	10-11:30AM
	*5:40 PM – 6 PM					
Sr. Prep 1*	6-7:45 PM	7-8:30 PM	6-7:45 PM	OFF	4-6 PM	10-11:45 PM
		*6:30 PM – 7 PM			Yoga 4 PM – 4:30 PM	
Senior*	4-6 PM	4-6 PM	4-6 PM	4-6 PM	4-6 PM	7 AM-9 AM
		* 6PM – 6:30 PM		* 6 PM- 6:30 PM	Yoga 4 – 4:30 PM	
Non-competitive	OFF	OFF	OFF	OFF	OFF	12PM-2PM

*EverFit training: SP 1 on Mondays from 5:40 PM- 6 PM, SP 2 on Tuesday

** Practices will wrap up for each group with their championship