

2025-2026 School Year Team Practice Schedule

	MON	TUES	WED	THURS	FRI	SAT
Aly Group	3:15-7:45	3:15-7:45	3:15-7:45	3:15-7:45	OFF	OFF
Laurie Group	4:15-7:45	4:15-7:45	OFF	4:15-7:45	4:15-8:45	OFF
Simone Group	OFF	4:15-7:45	OFF	4:15-7:45	4:15-8:45	8:00-12:30
Nastia Group	4:15-7:45	OFF	4:15-7:45	4:15-7:45	OFF	8:00-12:30
Shawn Group	OFF	OFF	4:15-7:45	OFF	4:15-7:45	8:00-12:30
Level 2	OFF	OFF	4:15-6:00 rec	OFF	4:15-6:00 rec	8:00-11:30 team gym
Level 1	OFF	OFF	4:15-6:00 rec	OFF	4:15-6:00 rec	OFF