

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Tritons #1		5:30-6:00 pm		5:30-6:00 pm		
Mini Tritons #2		6:00-6:30 pm		6:00-6:30 pm		
Bronze #1	4:30-5:30 pm		4:30-5:30 pm			
Bronze #2	5:30-6:30 pm		5:30-6:30 pm			
Bronze #3		4:30-5:30 pm		4:30-5:30 pm		
Bronze #4		5:30-6:30 pm		5:30-6:30 pm		
Bronze +	3:30-4:30 pm		3:30-4:30 pm		Join Silver Practice Group	
Silver MWFS	<i>no dryland</i>		<i>no dryland</i>		10&under: 4:00-5:15pm 11&over: 5:15-6:30pm	7:00-8:15am
	3:30-4:45 pm		3:30-4:45 pm			
Silver TThFS		<i>Dryland: 4-4:30</i>		<i>Dryland: 4-4:30</i>	10&under: 4:00-5:00pm 11&over: 5:00-6:00pm	7:00-8:15am
		4:30-5:30 pm		4:30-5:30 pm		
Gold	<i>Dryland: 4-4:30</i>	<i>Dryland: 4-4:30</i>	<i>Dryland: 4-4:30</i>	<i>Dryland: 4-4:30</i>	5:30 - 7:00pm	7:00-9:00am
	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Platinum	4:45-6:30 pm	<i>Dryland: 4:30-5:30</i>	4:45-6:30 pm	5:30-7:00pm	<i>Dryland: 4:30-5:30</i>	7:00-9:00am
		5:30-7:00pm			5:30 - 7:00pm	<i>Dryland: 9:15-10:15</i>
National		5:30-7:00am			5:30-7:00am	7:00-9:00am
	<i>Dryland: 4:45-5:45pm</i>	<i>Dryland: 4:45-5:45pm</i>		<i>Dryland: 4:45-5:45pm</i>		<i>Dryland: 9:15-10:30</i>
	6:00-8:00pm	6:00-8:00pm	5:45pm-8:00pm	6:00-8:00pm	4:00-5:30pm	
Senior	<i>Dryland: 5:30-6:30</i>		<i>Dryland: 5:30-6:30</i>			7:00-9:00am (optional)
	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	4:00-5:30pm	
FitPrep	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		