

AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Returners 3:15-5:00 pm	25 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	26 Cardio Day 4:15-5:15 pm	27 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	28 OFF	29
30	31 Returners 3:15-5:00 pm					

SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	2 Cardio Day 4:15-5:15 pm	3 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	4 OFF	5
6	7 Labor Day OFF	8 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	9 Returners 4:15-5:45 pm	10 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	11 OFF	12
13	14 Returners 3:15-5:00 pm	15 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	16 Returners 4:15-5:45 pm	17 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	18 OFF	19
20	21 Returners 3:15-5:00 pm	22 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	23 Returners 4:15-5:45 pm	24 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	25 OFF	26
27	28 Returners 3:15-5:00 pm	29 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	30 Returners 4:15-5:45 pm			

OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	2 OFF	3
4	5 Returners 3:15-5:00 pm	6 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	7 Cardio Day 4:15-5:15 pm	8 Beginners & Returners 4:15-5:15 pm Returners 4:15-5:45 pm	9 OFF	10 World Challenge
11	12 OFF	13 OFF	14 OFF	15 OFF	16 OFF	17
18	19 OFF	20 OFF	21 OFF	22 OFF	23 OFF	24 Freak show (Practices TBA)
25 1st day official practice*	26 Returners 3:15-5:00 pm	27 Beginners 4:15-5:45 pm Returners 4:15-6:00 pm	28 Beginners 4:15-5:45 pm Returners 4:15-6:00 pm	29 Beginners 4:15-5:45 pm Returners 4:15-6:00 pm	30 Beginners 4:15-5:45 pm Returners 4:15-6:00 pm	31