

2025-2026 SCHOOL YEAR TRAINING SCHEDULE

(updated 9/19/2025 - Subject to change if needed)

WDP L2-10 (Women)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Levels 7-10 (20 hrs)	2:45-6:45**	2:45-6:45**	2:45-6:45**	2:45-6:45**		2:30-6:30	
Level 6 (16 hrs)	3:30-7:30**	3:30-7:30**	3:30-7:30**			2:30-6:30	
Levels 3-4 (12 hrs)		3:30-7:30		3:30-7:30		11:30-3:30	
	Any Group A or B may choose to start practice at 2:45 - Let Jamian know						
XCEL (Women)	Monday	Tuesday	Wednesday	Thursday	Friday		Sunday
XP 2nd yr/XD (12/16 hrs)	4:30-8:30		4:30-8:30	4:30-8:30			11:00-3:00 (XD only)
XG 2nd yr/XP 1st yr (12 hrs)	4:30-8:30		4:30-8:30		3:30-7:30		
XG 1st yr (9 hrs)		5:30-8:30		5:30-8:30			11:00-2:00
XS (6 hrs)		3:30-5:30		3:30-5:30			2:00-4:00
MDP (Men)	Monday	Tuesday	Wednesday	Thursday	Friday		
Level 5+ (16 hrs) & XP (10)**	5:30-8:30	3:30-8:30		3:30-8:30	5:30-8:30		
Level 3 (6hrs)/Level 4 (10 hrs)**	3:30-5:30		5:30-7:30		3:30-5:30		
	L4 to pick 4 hrs on T or TH - Let Rigel & Office know **XP to work with Rigel and choose days/hours - Talk to Rigel & let office know**						