

**Broadway's Muscle Beach Open**  
**Meet Week Practice Schedule at JAG**  
**Jan 12-19th, 2026**

**Sun, Jan 11th - Fri, Jan 16th**

All Team Practices - Normal

**Saturday Morning**  
**Jan 17th**

JAG Group	Coaches	Level	Regular Practice Time	Is There Practice This Day?	Altered Practice Time?	Coaches This Day	Competition Day/Time
Green/Orange Younger TRSat	Ruby/Callie	Silver	8:30-11:00	NO	-	-	Sat, 7:30am
Green/Orange Younger TRSat	Michel/Arden	Silver	8:30-11:00	YES	No	Michel Only	Mon, 8:30am
Green/Orange Younger Plus	Cari/Ita/Jordan	Silver	8:30-11:30	NO	-	-	Mon, 8:30am
Purple Younger	Cari/Jordan	Gold	8:30-11:30	NO	-	-	Sat, 2:00pm
Blue/Yellow Younger WSat	Ruby/Callie	Bronze	11:00-1:15	NO	-	-	Sat, 10:45am
Blue/Yellow Older WSat	Ita/Christian	Bronze	11:00-1:15	NO	-	-	Sun, 7:30am

**Saturday Afternoon**  
**Jan 17th**

JAG Group	Coaches	Level	Regular Practice Time	Is There Practice This Day?	Altered Practice Time?	Coaches This Day	Competition Day/Time
Purple Older	Cari/Arden/Jordan	Gold	12:00-4:00	NO	-	-	Sat, 2:00pm
Pink	Callie/Kristin	Platinum	12:00-4:00	NO	-	-	Sat, 5:15pm
Magenta Diamonds	Callie/Kristin	Diamond	12:00-4:00	NO	-	-	Sun, 2:00pm
Magenta Level 6/7	Michel/Erika	Level 6/7	12:00-4:00	NO	-	-	Sun, 10:45am
Magenta Level 8-10	Michel/Erika	Level 8-10	12:00-4:00	NO	-	-	Sun, 2pm - Level 8 Sun, 5:15pm - Level 9/10
Red Older TRSat	Christian/Cari/Arden/Jordan	Gold	1:00-4:00	NO	-	-	Mon, 11:45am
Green/Orange Older TRSat	Ita/Christian	Silver	1:30-4:00	NO	-	-	Sat, 10:45am

**Sunday**  
**Jan 18th**

JAG Group	Coaches	Level	Regular Practice Time	Is There Practice This Day?	Altered Practice Time?	Coaches This Day	Competition Day/Time
Green/Orange Older TRSun	Claire	Silver	8:30-11:00	YES	No	Normal	Sat, 10:45am
Red Older SunMW	Anna/Nate	Gold	12:30-3:30pm	YES	YES! 1:00-3:30pm	Normal	Mon, 11:45am
Green/Orange Older Sun/M/W	Claire	Silver	1:00-3:30pm	YES	No	Normal	Mon, 8:30am
Blue/Yellow Older WSun	Dakota/Katie	Bronze	1:15-3:30pm	NO	-	-	Sun, 7:30am

**Monday**  
**Jan 19th**

JAG IS CLOSED IN OBSERVANCE OF MLK JR DAY.  
 NO TEAM or REGULAR PRACTICES!  
 (JAG is open for camp 9:00-2:30pm)  
 GOOD LUCK to those competing on Monday!