

FALL 2025 SoFlo Training Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
ProFlo	6:00-8:30	3:30-5:30		3:30-5:30	6:00-8:30	3:30-5:30	6:50-9:00	3:30-5:30	6:00-8:30	3:30-5:30	7:30-10:00
National	5:00-6:30	3:30-5:30		3:30-5:30	5:00-6:30	3:30-5:30		3:30-5:30	5:00-6:30	3:30-5:30	7:30-10:00
Gold	5:00-6:30	3:30-5:30		3:30-5:30	5:00-6:30	3:30-5:30		3:30-5:30	5:00-6:30	3:00-5:30	7:30-10:00
Silver		5:45-7:45	5:00-6:30	5:45-7:45		5:45-7:45	5:00-6:30	5:45-7:45		5:45-7:45	5:30-7:30
Sr Dev		5:45-7:45		5:45-7:45		5:45-7:45		5:45-7:45		5:45-7:45	
Sr Fit		7:30-9:00		7:30-9:00		7:30-9:00		7:30-9:00			
Bronze		5:45-7:45		5:45-7:45		5:45-7:45		5:45-7:45		5:45-7:45	5:30-7:30
Asteroids		5:45-7:45		5:45-7:45		5:45-7:45		5:45-7:45		5:45-7:45	10:00-12:00
Meteorites		4:15-5:45		4:15-5:45		4:15-5:45		4:15-5:45		4:15-5:45	10:00-11:30
Dippers		6:30-7:15		6:30-7:15		6:30-7:15		6:00-7:15			
Little Dippers											
Pre Team 1		5:00-5:45		5:00-5:45		5:00-5:45		5:00-5:45			
Pre Team 2		5:45-6:30		5:45-6:30		5:45-6:30		5:45-6:30			
Pre Team 3		6:30-7:15		6:30-7:15		6:30-7:15		6:30-7:15			
AGD		7:15-8:30		7:15-8:30		7:15-8:30		7:15-8:30			
Masters	5:00-6:30			7:00-8:30	5:00-6:30			7:00-8:30	5:00-6:30		

*Lessons 3 lanes all PM

OFF Sight Training

ProFlo Weights	2:00-3:15	2:00-3:15	6:00-7:10
Gold & Nat Weights	6:00-7:00		6:00-7:10



Go SoFlo!

FALL 2025 SoFlo Training Schedule

Go SoFlo!