



2025 Fall/Winter Practice Schedule

(Begins Monday, November 17, 2025)

Evening Workout Schedule							
	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphin Prep	BMAC		5:45-6:30 PM	5:45-6:30 PM	5:45-6:30 PM		
Dolphin Blue	BMAC		6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM		
Dolphin Yellow	Dryland		4:45-5:00 PM		4:45-5:00 PM		
	BMAC	5:00-6:30 PM	5:00-6:30 PM		5:00-6:30 PM	5:00-6:30 PM	8:00-9:30 AM
Age Group Prep	BMAC	6:00-6:45 PM		6:00-6:45 PM		6:00-6:45 PM	
Age Group Blue	Dryland		5:30-5:45 PM	6:00-6:20 PM			
	BMAC	4:30-6:00 PM		4:30-6:00 PM		4:30-6:00 PM	8:00-9:30 AM
	FEAC		5:45-7:15 PM				



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Age Group Yellow	Dryland	6:00-6:20 PM	5:15-5:45 PM	6:00-6:20 PM	5:15-5:45 PM		
	BMAC	4:15-6:00 PM		4:15-6:00 PM		4:15-6:00 PM	8:00-9:45 AM
	FEAC		5:45-7:30 PM		5:45-7:30 PM		
Senior Prep	BMAC	6:00-7:00 PM		6:00-7:00 PM		6:00-7:00 PM	
Senior	FEAC AM	4:45-6:30 AM		4:45-6:30 AM			5:45-8:00 AM
	Dryland		2:45-3:30 PM 5:45-6:30 PM		2:45-3:30 PM 5:45-6:30 PM	3:15-3:30 PM	8:00-8:30 AM
	FEAC PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	
Senior National	FEAC AM	4:45-6:30 AM		4:45-6:30 AM		4:45-6:30 AM	5:45-8:00 AM
	Dryland		2:45-3:30 PM 5:45-6:30 PM		2:45-3:30 PM 5:45-6:30 PM	3:15-3:30 PM	8:00-8:30 AM
	FEAC PM	3:30-5:45 PM	3:30-5:45 PM	3:30-5:45 PM	3:30-5:45 PM	3:30-5:45 PM	



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Mid Day Workout Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphin Prep		2:15-3:00 PM		2:15-3:00 PM		
Dolphin Blue		1:15-2:15 PM		1:15-2:15 PM		
Dolphin Yellow		1:10-1:30 PM		1:10-1:30 PM		
		1:30-2:45 PM		1:30-2:45 PM		
Age Group Prep		2:15-3:00 PM		2:15-3:00 PM		
Age Group Blue		1:10-1:30 PM		1:10-1:30 PM		
		1:30-3:00 PM		1:30-3:00 PM		
Age Group Yellow		12:45-1:15 PM		12:45-1:15 PM		



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		1:15-3:00 PM		1:30-3:00 PM		
Senior Prep		1:15-2:15 PM		1:15-2:15 PM		

Masters Workout Schedule							
	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters AM	FEAC	5:00-6:30 AM Or 6:00-7:45 AM	6:30-7:30 AM (Dryland only)	5:00-6:30 AM Or 6:00-7:45 AM	6:30-7:30 AM (Dryland only)	5:00-6:30 AM Or 6:00-7:45 AM	
Masters Midday	FEAC		11:30-1:00 PM		11:30-1:00 PM		