

2026-2027			MON	TUES	WED	THURS	FRI	SAT	SUN
Senior 1	High School	Coach Karen Coach Kyle	7:15-8:45pm Bowie State	7:00-8:45pm Bowie State	7:15-8:45pm Bowie State	7:00-8:45pm Bowie State	OFF	9:00-10:30am Bowie State	7:00-8:30am SportFit
Senior 2	High School	Coach Jeremy Coach Craig	7:15-8:45pm SportFit	OFF	7:30-8:45pm SportFit	7:15-8:45pm SportFit	7:00-8:30pm Bowie State	OFF	OFF
Juniors	Grade 8+	Coach Emily	4:45-6:00pm Bowie State	OFF	4:45-6:00pm Bowie State	OFF	6:15-7:30pm Bowie State	OFF	OFF
Performance 1	Grade 7-8	Coach Karen Coach Kyle Coach Luke	5:45-7:15pm Bowie State	5:30-7:00pm Bowie State	5:45-7:15pm Bowie State	OFF	7:15-8:30pm SportFit	3:00-4:30pm SportFit	OFF
Performance 2	Grade 5-6	Coach Gabi Coach John A	6:00-7:15pm Bowie State	5:30-7:00pm PGCC	OFF	5:45-7:00pm Bowie State	OFF	OFF	4:00-5:30pm SportFit
Age Group 1	Grade 7-8	Coach Jeremy Coach Craig	6:00-7:15pm SportFit	OFF	4:45-6:15pm SportFit	OFF	5:30-7:00pm Bowie State	4:30-6:00pm SportFit	OFF
Age Group 2	Grade 6-7	Coach Craig Coach Luke	4:45-6:00pm SportFit	OFF	OFF	5:45-7:00pm Bowie State	6:00-7:15pm SportFit	OFF	5:30-6:45pm SportFit
Novice 1	Grade 4-5	Coach John A Coach Karla Coach Luke	6:00-7:00pm PGCC	OFF	OFF	4:45-5:45pm Bowie State	5:00-6:00pm SportFit	OFF	3:00-4:00pm SportFit
Novice 2	Grade 4-5	Coach John M Coach Willa	4:45-5:45pm Bowie State	5:00-6:00pm SportFit	4:45-5:45pm Bowie State	OFF	OFF	OFF	OFF
Discovery 1	Grade 2-3	Coach Ryan	OFF	4:45-5:30pm Bowie State	OFF	5:00-6:00pm SportFit	4:45-5:30pm Bowie State	OFF	OFF
Discovery 2	Grade K-2	Coach Willa	OFF	5:30-6:15pm Bowie State	OFF	OFF	5:30-6:15pm Bowie State	OFF	OFF
Morning Practice		Coach Mary		5:30-6:45am SportFit		5:30-6:45am SportFit			