



2025 Keating Spring Schedule

Starts 3/31 (The schedule is subject to change in order to best serve the needs of all groups) (Updated 3/5)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL Starts 4/14	Sw 5:45-7:00 am Sw+DL 3:50-6:00pm	Dyn 3:50 pm Sw 4:00-6:00 pm	DL 5:00-6:00 am Sw 6:10-6:50 am Sw 4:00-6:00 pm	Dyn 3:50 pm Sw 4:00-6:00 pm	Sw 5:00-7:00 am	DL 7:30-8:30 am Sw 8:45-11:15 am
NAT PREP *combos Starts 3/31 or 4/14	*Sw+DL 3:50-6:00 pm	Dyn 3:50 pm Sw 4:00-6:00 pm	*DL 5:00-6:00 am *Sw 6:10-6:50 am Sw 4:00-6:00 pm	Dyn 3:50 pm Sw 4:00-6:00 pm	*Sw 5:00-7:00 am	Dyn 6:30 am Sw 6:45-8:45 am DL 9:00-10:00 am
SENIOR Starts 3/31	Sw 3:45-5:45 pm	Sw 3:45-5:45 pm DL 6:00-7:00 pm	Sw 3:45-5:45 pm	Sw 3:45-5:45 pm DL 6:00-7:00 pm	Sw 3:45-5:45 pm	Dyn 6:30 am Sw 6:45-8:45 am DL 9:00-10:00 am
BLUE Starts 3/31	DL 6:00 pm Sw 6:45-8:30 pm	Dyn 6:00 pm Sw 6:15-8:00 pm	DL 6:00 pm Sw 6:45-8:30 pm	Dyn 6:00 pm Sw 6:15-8:00 pm	Sw 4:00-5:45 pm	Dyn 6:45 am Sw 7:00-8:45 am DL 9:00-9:45 am
GOLD Starts 3/31	Sw 7:00-8:30 pm	Sw 5:45-7:15 pm DL 7:30-8:00 pm	OFF	Sw 5:45-7:15 pm DL 7:30-8:00 pm	Sw 5:45-7:15 pm	DL 8:00 am Sw 8:45-10:15 am
SILVER Starts 3/31	Sw 5:45-7:00 pm DL 7:15-7:45 pm	Sw 7:15-8:30 pm	Sw 5:45-7:00 pm DL 7:15-7:45 pm	Sw 7:15-8:30 pm	OFF	DL 9:45 am Sw 10:15-11:30 am
BRONZE Starts 3/31	DL 6:30 pm Sw 6:45-7:45 pm	OFF	DL 6:30 pm Sw 6:45-7:45 pm	OFF	Sw 5:45-6:45 pm	DL 11:00 am Sw 11:15 am-12:15 pm
PLATINUM Starts 4/2	OFF	OFF	Sw 7:15-8:15 pm	OFF	OFF	Sw 11:15 am-12:15 pm