

| | INGERSOLL | | BHHS | | CAPITAL HS | | RAC | | SOUTH SOUND | | TUMWATER | | TIMBERLINE | |
|-----------------------------|--|--|--|---|---|---|----------------------------|--------------------------------|---------------------------------------|---|---|--|--------------------------|---|
| Monday 5:30-7 | B2011 Red G2013 Red G2012 Red GK Training | Khristian Hansen/Joey Steve Rain/Dave Merchant Kurt Gress | B2012 Black B2012 Red B2013 Red | Rob Knowles Sam Bloom Natalie Schlender | G2012 Black G2013 Black | Isaiah Herrera Jon Scott | B2014 Black B2011 Black | Josh Turpen Rob Fairbrother | B2008 Black G2009 Red | Jay Smith Josh Edwards | | | | |
| Monday 7-8:30 | G2007 Red B2004 Black | Rob Knight Khristian Hansen/Joey | B2007 Black B2009 Red | Rob Knowles/Sam Bloom Natalie Schlender /Chad Falgout | | | G2008 Black B2008 Red | Dewayne Thomas Josh Turpen | G2009 Black | Monica Wilhelm/Josh Lewno | | | | |
| Tuesday 5:30-7 | | | G2011 Black G2010 Black G2014 Black | Mark Towers Matt Jones/Stephanie Carso Rob Knowles | B2010 Black B2010 Red | Boyd Kinney Brad Jamison/Jacob | | | | | B2009 Red B2013 Black | Natalie Schlender/Chad Memo Jimenez | G2007 Black G2011 Red | Kate Green/Nick Boatright Jon Scott/Michael Montgome |
| Tuesday 7-8:30 | | | | | B2009 Black G2009 Black | Kurt Gress/Roland W Monica Wilhelm/Josh | | | | | G2004 Black G2007 Red | James/Natalie Rob Knight | G2006 Black | Kate Green/Joey Hall |
| Wednesday 5:30 7 | B2011 Black G2010 Black B2011 Red B2012 Black | Rob Fairbrother Matt Jones/Stephanie Khristian Hansen/Joey Rob Knowles/TT Mey | B2012 Red G2013 Black G2012 Black | Sam Bloom/Troy Stewart Jon Scott Isaiah Herrera | | | | | G2007 Black G2013 Red G2012 Red | Kate Green/Nick Boatright Steve Rain Steve Rain/Dave Merchant | B2013 Red B2014 Black | Natalie Schlender Josh Turpen | G2009 Red B2008 Black | Josh Edwards Jay Smith |
| Wednesday 7-8:30 | B2004 Black B2007 Black B2009 Black | Khristian Hansen/Joey Rob Knowles/Sam Bloom Kurt Gress/Roland W | | | | | | | G2006 Black G2008 Black | Kate Green/Joey Hall Dewayne Thomas | G2004 Black B2008 Red | James/Natalie Josh Turpen | | |
| Thursday 5:30-7 | | | B2008 Black G2011 Black G2010 Black G2014 Black | Jay Smith Mark Towers/Allison D'aleid Matt Jones/Stephanie Carso Rob Knowles | B2010 Black B2010 Red G2007 Black | Boyd Kinney Brad Jamison/Jacob Kate Green/Joey Hall | | | | | B2009 Red G2011 Red B2013 Black | Natalie Schlender/Chad Jon Scott Memo Jimenez | | |
| Thursday 7-8:30 | | | G2008 Black B2007 Black B2004 Black | Dewayne Thomas Rob Knowles/Sam Bloom Khristian Hansen/Joey Hall | G2006 Black G2007 Red B2008 Red | Kate Green/Joey Hall Rob Knight Josh Turpen | | | | | G2004 Black B2009 Black G2009 Black | James/Natalie Schler Kurt Gress/Roland W Monica Wilhelm/Josh | | |