



2025-2026

# PRACTICE SCHEDULE

LIL RASSLERS

OPEN

NOVICE

ELITE

MONDAY

LIL RASSLERS

5:15 - 6:00 PM

\*September  
through  
January

OPEN + ELITE

6:00 - 7:30 PM

\*August  
through  
February

TUESDAY

NOVICE

5:15 - 6:15 PM

\*August through  
January

OPEN + ELITE

6:30 - 8:00 PM

WEDNESDAY

ELITE

5:30 - 7:00 PM

THURSDAY

NOVICE

5:15 - 6:15 PM

OPEN + ELITE

6:30 - 8:00 PM

FRIDAY

Inquire about  
openings for  
private lessons!