



SEPTEMBER 2025



SILVER AND BLACK ONLY TUESDAYS AT THE ARC

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC Red/Senior Dryland 4:30 - 5:15	3 Red/Senior 4:30 - 6:30	4 Red/Senior 4:30 - 6:30 Dryland 4:30 - 5:15	5 Red/Senior 4:30 - 6:30 Silver 1 - 6:30 - 7:15 Silver 2 7:15 - 8:00 Black 6:30 - 8:00	6 Senior 7-8:30 AM Red 7-8:30 AM Silver 1 8:30-9:15 AM Silver 2 9:15-10 AM Black 8:30-10 AM
7	8 Red/Senior 4:30 - 6:30	9 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC Red/Senior Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	10 Red/Senior 4:30 - 6:30	11 Red/Senior 4:30 - 6:30 Dryland 4:30 - 5:15	12 Red/Senior 4:30 - 6:30 Silver 1 - 6:30 - 7:15 Silver 2 7:15 - 8:00 Black 6:30 - 8:00	13 Senior 7-8:30 AM Red 7-8:30 AM Silver 1 8:30-9:15 AM Silver 2 9:15-10 AM Black 8:30-10 AM
14	15 Red/Senior 4:30 - 6:30	16 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC Red/Senior Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	17 Red/Senior 4:30 - 6:30	18 Red/Senior 4:30 - 6:30 Dryland 4:30 - 5:15	19 Red/Senior 4:30 - 6:30 Silver 1 - 6:30 - 7:15 Silver 2 7:15 - 8:00 Black 6:30 - 8:00	20 Senior 7-8:30 AM Red 7-8:30 AM Silver 1 8:30-9:15 AM Silver 2 9:15-10 AM Black 8:30-10 AM
21	22 Red/Senior 4:30 - 6:30	23 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC Red/Senior Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	24 Red/Senior 4:30 - 6:30	25 Red/Senior 4:30 - 6:30 Dryland 4:30 - 5:15	26 Red/Senior 4:30 - 6:30 Silver 1 - 6:30 - 7:15 Silver 2 7:15 - 8:00 Black 6:30 - 8:00	27 Senior 7-8:30 AM Red 7-8:30 AM Silver 1 8:30-9:15 AM Silver 2 9:15-10 AM Black 8:30-10 AM
28	29 Red/Senior 4:30 - 6:30	30 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC Red/Senior Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	31 Red/Senior 4:30 - 6:30	Be sure to visit the SRST booth at Slippery Rock's Village Fest September 13 th !		