

LEVICI PREP | SESSION CALENDAR

2026 FALL FOLKSTYLE

Rookie = Youth Wrestlers Grade PreK-1st
 Base = Youth Beginner Wrestlers
 Prep = Youth & MS Competitive Wrestlers
 HS = JV/Varsity Wrestlers
 Func Kid = Beginner Youth Fitness
 Strength = Structured Strength Training
 Body Lev = Body Leveraging



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 4:30-5:15 Rookie 5:30-7:00 Base 7:00-8:00 Strength	28 5:30-7:00 Prep / HS	29 5:30-7:00 Base 7:00-8:00 Strength	30	31 5:00-7:00 Open Mat	August 1
2 4:00-5:30 Prep / HS	3 August Tune-Up 4:30-5:15 Rookie 5:30-7:00 Base 7:00-8:00 Strength	4 5:30-7:00 Prep 7:00-8:30 HS	5 5:30-7:00 Base 7:00-8:00 Strength	6 6:00-7:00 Body Lev	7	8
9 4:00-5:30 Prep 5:30-7:00 HS	10 4:30-5:15 Rookie 5:30-7:00 Base 7:00-8:00 Strength	11 5:30-7:00 Prep 7:00-8:30 HS	12 5:30-7:00 Base 7:00-8:00 Strength	13 6:00-7:00 Body Lev	14	15
16 4:00-5:30 Prep 5:30-7:00 HS	17 4:30-5:15 Rookie 5:30-7:00 Base 7:00-8:00 Strength	18 5:30-7:00 Prep 7:00-8:30 HS	19 5:30-7:00 Base 7:00-8:00 Strength	20 6:00-7:00 Body Lev	21	22
23 4:00-5:30 Prep 5:30-7:00 HS	24 4:30-5:15 Rookie 5:30-7:00 Base 7:00-8:00 Strength	25 5:30-7:00 Prep 7:00-8:30 HS	26 5:30-7:00 Base 7:00-8:00 Strength	27 6:00-7:00 Body Lev	28	29
30 4:00-5:30 Prep 5:30-7:00 HS	31 4:30-5:15 Rookie 5:30-7:00 Base 7:00-8:00 Strength	September 1	2 5:30-7:00 Base 7:00-8:00 Strength	3 6:00-7:00 Body Lev	4	5
6 <i>Holiday</i>	7 <i>Holiday</i>	Preseason 8 4:30-5:15 Func Kids 5:30-7:00 Prep 7:00-8:30 HS	9 5:30-6:45 Base 7:00-8:00 Strength	10 5:00-5:45 Func Kids 6:00-7:00 Body Lev	11	12
13 2:00-3:30 HS 3:30-4:45 Base 5:00-6:30 Prep	14 6:00-7:00 Strength	15 4:30-5:15 Func Kids 5:30-7:00 Prep 7:00-8:30 HS	16 5:30-6:45 Base 7:00-8:00 Strength	17 5:00-5:45 Func Kids 6:00-7:00 Body Lev	18	19
20 2:00-3:30 HS 3:30-4:45 Base 5:00-6:30 Prep	21 4:30-5:15 Rookie 6:00-7:00 Strength	22 4:30-5:15 Func Kids 5:30-7:00 Prep 7:00-8:30 HS	23 5:30-6:45 Base 7:00-8:00 Strength	24 5:00-5:45 Func Kids 6:00-7:00 Body Lev	25	26
27 2:00-3:30 HS 3:30-4:45 Base 5:00-6:30 Prep	28 4:30-5:15 Rookie 6:00-7:00 Strength	29 4:30-5:15 Func Kids 5:30-7:00 Prep 7:00-8:30 HS	30 5:30-6:45 Base 7:00-8:00 Strength	October 1 5:00-5:45 Func Kids 6:00-7:00 Body Lev	2	3
4 2:00-3:30 HS 3:30-4:45 Base 5:00-6:30 Prep	5 4:30-5:15 Rookie 6:00-7:00 Strength	6 4:30-5:15 Func Kids 5:30-7:00 Prep 7:00-8:30 HS	7 5:30-6:45 Base 7:00-8:00 Strength	8 5:00-5:45 Func Kids 6:00-7:00 Body Lev	9	10
11 2:00-3:30 HS 3:30-4:45 Base 5:00-6:30 Prep	12 4:30-5:15 Rookie 6:00-7:00 Strength	13 4:30-5:15 Func Kids 5:30-7:00 Prep 7:00-8:30 HS	14 5:30-6:45 Base 7:00-8:00 Strength	15 <i>MEA</i>	16 <i>MEA</i>	17
18 2:00-3:30 HS 3:30-4:45 Base 5:00-6:30 Prep	19 4:30-5:15 Rookie 6:00-7:00 Strength	20 4:30-5:15 Func Kids 5:30-7:00 Prep 7:00-8:30 HS	21 5:30-6:45 Base 7:00-8:00 Strength	22 <i>Wrestling Prep Camp</i>	23 <i>Wrestling Prep Camp</i>	24
25 2:00-3:30 HS 3:30-4:45 Base 5:00-6:30 Prep	26 4:30-5:15 Rookie 6:00-7:00 Strength	27 4:30-5:15 Func Kids 5:30-7:00 Prep 7:00-8:30 HS	28 5:30-6:45 Base 7:00-8:00 Strength	29 5:00-5:45 Func Kids 6:00-7:00 Body Lev	30	31