

GISST Training Schedule 2025-26

Fall Season (September - December 2025)

	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.0	Varsity Girls Volleyball 4:00 - 5:30 pm Sept 1 - Nov 24	Varsity Boys Volleyball 4:00 - 5:30 pm Sept 2 - Nov 25	Varsity Girls Volleyball 4:00 - 5:30 pm Sept 3 - Nov 26	Junior GISST Racket Sports G3-5 (Badminton, Table Tennis) 4:00 - 5:30 pm Sept 18 - Dec 4	U14 Girls Volleyball (prep-season) 3:45 - 5:00 pm Sept 19 - Nov 21
	ASA		Mini Junior GISST Multi Sport G1-2 4:00 - 5:30 pm Sept 17 - Dec 3		U14 Boys Volleyball (prep-season) 3:45 - 5:00 pm Sept 19 - Nov 21
Gym 2.0	Junior GISST Team Sports G3-5 (Basketball, Futsal, Volleyball) 4:00 - 5:30 pm Sept 15 - Dec 1	Varsity Badminton 4:00 - 5:30 pm Sept 16 - Dec 2	U14 and Varsity Basketball (prep-season) 4:00 - 5:30 pm Sept 17 - Dec 3	Varsity Badminton 4:00 - 5:30 pm Sept 18 - Nov 27	U14 Badminton 3:45 - 5:00 pm Sept 19 - Nov 28
		U14 Badminton 4:00 - 5:30 pm Sept 16 - Dec 2		Varsity Boys Volleyball 4:00 - 5:30 pm Sept 4 - Nov 20	
University Swimming pool	U14 & Varsity Swimming (competitive level) 4:00 - 5:00 pm Sept 22 - Jan 26				G3-5 Swimming (advanced level) G3 2:30 - 3:15 pm G4-5 3:15 - 4:00 pm Sept 19 - Jan 23
SpVgg Field	Varsity Boys Football 3:45 - 5:15 pm Sept 1 - Nov 11	Varsity Girls Football 3:45 - 5:15 pm Sept 2 - Nov 11	Varsity Boys Football 3:45 - 5:15 pm Sept 3 - Oct 29	Varsity Girls Football 3:45 - 5:15 pm Sept 4 - Oct 23	
FIS Field	U14 Girls Football 3:45 - 5:15 pm Sept 1 - Nov 19		U14 Girls Football 3:45 - 5:15 pm Sept 3 - Nov 19		
	U14 Boys Football 3:45 - 5:15 pm Sept 1 - Nov 19		U14 Boys Football 3:45 - 5:15 pm Sept 3 - Nov 19		
FIS Forest		U14 & Varsity Cross Country 3:45 - 5:15 pm Aug 26 - Oct 28	Junior GISST Running G3-5 4:00 - 5:00 pm Sept 17 - Dec 3	U14 & Varsity Cross Country 3:45 - 5:15 pm Aug 28 - Oct 23	