

GISST Training Schedule 2026-27

Fall Season (September - December 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.0	Varsity Girls Volleyball 4:00 - 5:30 pm Sept 7 - Nov 23	Varsity Boys Volleyball 4:00 - 5:30 pm Sept 8 - Nov 24	Varsity Girls Volleyball 4:00 - 5:30 pm Sept 9 - Nov 25	Junior GISST Racket Sports G3-5 (Badminton, Table Tennis) 4:00 - 5:30 pm Sept 24 - Dec 3	U14 Girls Volleyball (prep-season) 4:00 - 5:30 pm Sept 25 - Nov 20
	ASA		Mini Junior GISST Multi Sport G1-2 4:00 - 5:30 pm Sept 23 - Dec 2		U14 Boys Volleyball (prep-season) 4:00 - 5:30 pm Sept 25 - Nov 20
Gym 2.0	Junior GISST Team Sports G3-5 (Basketball, Futsal, Volleyball) 4:00 - 5:30 pm Oct 5 - Dec 7	Varsity Badminton 4:00 - 5:30 pm Sept 22 - Dec 1	U14 and Varsity Basketball (prep-season) 4:00 - 5:30 pm Sept 23 - Dec 2	Varsity Badminton 4:00 - 5:30 pm Sept 24 - Nov 26	Varsity Boys Volleyball 4:00 - 5:30 pm Sept 11 - Nov 20
		U14 Badminton 4:00 - 5:30 pm Sept 22 - Dec 1		U14 Badminton 4:00 - 5:30 pm Sept 24 - Nov 26	
University Swimming pool	U14 & Varsity Swimming (competitive level) 4:00 - 5:00 pm Sept 21 - Jan 25				G3-5 Swimming (advanced level) G3 2:30 - 3:15 pm G4-5 3:15 - 4:00 pm Sept 25 - Jan 22
SpVgg Field	Varsity Boys Football 3:45 - 5:15 pm Sept 7 - Nov 9	Varsity Girls Football 3:45 - 5:15 pm Sept 8 - Nov 10	Varsity Boys Football 3:45 - 5:15 pm Sept 9 - Nov 11	U14 Boys Football 3:45 - 5:15 pm Sept 10 - Oct 29	
FIS Field	U14 Boys Football 3:45 - 5:15 pm Sept 7 - Nov 16			Varsity Girls Football 3:45 - 5:15 pm Sept 10 - Oct 29	
		U14 Girls Football 3:45 - 5:15 pm Sept 8 - Nov 17		U14 Girls Football 3:45 - 5:15 pm Sept 10 - Oct 29	
FIS Forest		U14 & Varsity Cross Country 3:45 - 5:15 pm Sept 1 - Oct 27	Junior GISST Running G3-5 4:00 - 5:00 pm Sept 23 - Dec 2	U14 & Varsity Cross Country 3:45 - 5:15 pm Sept 3 - Oct 29	