

| | Date | Time | Assistant Instructor | Assistant Instructor |
|--------|--------|--------------------|----------------------|----------------------|
| Friday | 6-Jul | 6 - 7 PM | Dale Golden | Matthew Golden |
| Monday | 9-Jul | 6 - 7 PM | Matthew Golden | Gavin Long |
| Friday | 13-Jul | World Championship | | |
| Monday | 16-Jul | 6 - 7 PM | Ali Flores | Nate Flores |
| Friday | 20-Jul | 6 - 7 PM | Dhanush Meda | Krishna Shinde |
| Monday | 23-Jul | 6 - 7 PM | Teresa Otto | Don Otto |
| Friday | 27-Jul | 6 - 7 PM | Aditi Choudhari | Tori Yetnick |
| Monday | 30-Jul | 6 - 7 PM | Kyle Robinson | Gavin Long |
| Friday | 3-Aug | 6 - 7 PM | David Painter | Scott Thompson |
| Monday | 6-Aug | 6 - 7 PM | Harry Sahu | Reem Radwane |
| Friday | 10-Aug | 6 - 7 PM | Ben McCartney | Sury Yadav |
| Monday | 13-Aug | 6 - 7 PM | Frank Altieri | Leo Li |
| Friday | 17-Aug | 6 - 7 PM | Lisa Mentley | Rick Mentley |
| Monday | 20-Aug | 6 - 7 PM | Sandy Lipstein | Chet Mittal |
| Friday | 24-Aug | 6 - 7 PM | Michael Chan | Dwayne Gable |
| Monday | 27-Aug | 6 - 7 PM | Gavin Long | Krishna Shinde |
| Friday | 31-Aug | 6 - 7 PM | Jenifer Mudd | Shannon Mudd |
| Monday | 3-Sep | Labor Day | | |
| Friday | 7-Sep | 6 - 7 PM | Wayne Rosenkrans | Scott Summers |
| Monday | 10-Sep | 6 - 7 PM | Rick Braun | Aarya Bhoir |
| Friday | 14-Sep | 6 - 7 PM | Maehul Bhandary | Chet Mittal |
| Monday | 17-Sep | 6 - 7 PM | Alex Murphy | Varun Bhat |
| Friday | 21-Sep | 6 - 7 PM | Anthony Hoang | Dung Hoang |
| Monday | 24-Sep | 6 - 7 PM | Steve Pulley | Josh Pulley |
| Friday | 28-Sep | 6 - 7 PM | Ali Flores | Nate Flores |