

| No. | Team Name | Captain |
|-----|-------------------|-------------------|
| 1 | Smack That Ace | Nicole Guidugli |
| 2 | Bumpin Uglies | Ashley White |
| 3 | Just the Tip | Lori Houston |
| 4 | Hot Mess Express | Izzy Redell |
| 5 | Sweet Digs | Michelle Smith |
| 6 | Block Tease | Cassandra Collins |
| 7 | Camp Springs Crew | Marie McDine |

| 2/9/2026 | Week 1 | |
|-----------|-------------------|-------------------|
| 6:30 | Just the Tip | Hot Mess Express |
| 7:20 | Camp Springs Crew | Block Tease |
| 8:10 | Sweet Digs | Block Tease |
| 9:00 | Smack That Ace | Bumpin Uglies |
| 2/16/2026 | Week 2 | |
| 6:30 | Block Tease | Just the Tip |
| 7:20 | Smack That Ace | Just the Tip |
| 8:10 | Bumpin Uglies | Hot Mess Express |
| 9:00 | Sweet Digs | Camp Springs Crew |
| 2/23/2026 | Week 3 | |
| 6:30 | Sweet Digs | Hot Mess Express |
| 7:20 | Smack That Ace | Hot Mess Express |
| 8:10 | Camp Springs Crew | Just the Tip |
| 9:00 | Bumpin Uglies | Block Tease |
| 3/2/2026 | Week 4 | |
| 6:30 | Hot Mess Express | Bumpin Uglies |
| 7:20 | Camp Springs Crew | Bumpin Uglies |
| 8:10 | Just the Tip | Block Tease |
| 9:00 | Smack That Ace | Sweet Digs |
| 3/9/2026 | Week 5 | |
| 6:30 | Sweet Digs | Bumpin Uglies |
| 7:20 | Camp Springs Crew | Smack That Ace |
| 8:10 | Just the Tip | Smack That Ace |
| 9:00 | Hot Mess Express | Block Tease |
| 3/16/2026 | Week 6 | |
| 6:30 | Hot Mess Express | Smack That Ace |
| 7:20 | Block Tease | Camp Springs Crew |
| 8:10 | Sweet Digs | Camp Springs Crew |
| 9:00 | Bumpin Uglies | Just the Tip |
| 3/23/2026 | Week 7 | |
| 6:30 | Sweet Digs | Bumpin Uglies |
| 7:20 | Sweet Digs | Just the Tip |
| 8:10 | Block Tease | Smack That Ace |
| 9:00 | Hot Mess Express | Camp Springs Crew |
| 3/30/2026 | Tournament | |