

| Phase | | Week | | Court 1 | | Court 2 | | Court 3 | | Off |
|---------|----------------------------|----------------|--------------|----------------|----------------|----------------|----------------|----------------|--------|-----|
| | | | | Team A | Team B | Team A | Team B | Team A | Team B | |
| Phase 1 | Tuesday, November 01, 2022 | Why Not Us? | FrankFit | Team USA | Refined Fool | High Schoolers | MX | The Amigos | | |
| | Tuesday, November 08, 2022 | Refined Fool | FrankFit | Team USA | High Schoolers | The Amigos | Why Not Us? | MX | | |
| | Tuesday, November 15, 2022 | | | | | | | | | |
| | Tuesday, November 22, 2022 | MX | Why Not Us? | Refined Fool | High Schoolers | FrankFit | The Amigos | Team USA | | |
| | Tuesday, November 29, 2022 | The Amigos | Refined Fool | MX | FrankFit | Why Not Us? | Team USA | High Schoolers | | |
| | Tuesday, December 06, 2022 | The Amigos | MX | High Schoolers | Why Not Us? | Team USA | FrankFit | Refined Fool | | |
| | Tuesday, December 13, 2022 | MX | Refined Fool | Team USA | The Amigos | High Schoolers | FrankFit | Why Not Us? | | |
| | Tuesday, December 20, 2022 | High Schoolers | The Amigos | Refined Fool | Why Not Us? | Team USA | MX | FrankFit | | |
| Phase 2 | Tuesday, December 27, 2022 | Team USA | Refined Fool | Why Not Us? | FrankFit | High Schoolers | MX | The Amigos | | |
| | Tuesday, January 03, 2023 | High Schoolers | Team USA | Refined Fool | FrankFit | The Amigos | Why Not Us? | MX | | |
| | Tuesday, January 10, 2023 | FrankFit | The Amigos | Refined Fool | High Schoolers | MX | Why Not Us? | Team USA | | |
| | Tuesday, January 17, 2023 | Why Not Us? | Team USA | MX | FrankFit | The Amigos | Refined Fool | High Schoolers | | |
| | Tuesday, January 24, 2023 | The Amigos | MX | High Schoolers | Why Not Us? | Team USA | FrankFit | Refined Fool | | |
| | Tuesday, January 31, 2023 | High Schoolers | FrankFit | Team USA | The Amigos | MX | Refined Fool | Why Not Us? | | |
| | Tuesday, February 07, 2023 | Team USA | MX | Refined Fool | Why Not Us? | High Schoolers | The Amigos | FrankFit | | |
| Phase 3 | Tuesday, February 14, 2023 | Team USA | Refined Fool | Why Not Us? | FrankFit | High Schoolers | MX | The Amigos | | |
| | Tuesday, February 21, 2023 | | | | | | | | | |
| | Tuesday, February 28, 2023 | Refined Fool | FrankFit | Team USA | High Schoolers | The Amigos | Why Not Us? | MX | | |
| | Tuesday, March 07, 2023 | Why Not Us? | MX | The Amigos | FrankFit | Refined Fool | High Schoolers | Team USA | | |
| | Tuesday, March 14, 2023 | The Amigos | Refined Fool | MX | FrankFit | Why Not Us? | Team USA | High Schoolers | | |
| | Tuesday, March 21, 2023 | The Amigos | MX | High Schoolers | Why Not Us? | Team USA | FrankFit | Refined Fool | | |
| | Tuesday, March 28, 2023 | High Schoolers | FrankFit | Team USA | The Amigos | MX | Refined Fool | Why Not Us? | | |
| | Tuesday, April 04, 2023 | High Schoolers | The Amigos | Team USA | MX | Refined Fool | Why Not Us? | FrankFit | | |