

MONDAY

			Beg 1		L4	L6-7/XP	L8+	Boys	
			3:40-3:55	Wup	3:30-4:00	Warm Up		3:30-3:45	Wup
			3:55-4:10	UB ^{Rec}				3:45-4:30	HB
Beg 1			4:10-4:25	Warm Up	4:00-4:30	Conditioning		4:30-5:15	Cond
4:10-4:25	Warm Up		4:10-4:25	BB/VT					
4:25-4:40	UB ^{Rec}	BB/VT	4:25-4:40	FX	4:30-5:30	FX*/VT	BB	UB	5:15-6:00
4:40-4:55	BB/VT	FX	Beg T&T						
4:55-5:10	FX	UB ^{Rec}	4:50-5:05	Wup	5:30-6:30	BB	UB	FX*/VT	6:00-6:45
Beg 2			5:05-5:20	FX					
5:20-5:35	Warm Up		5:20-5:35	Cond/FX	6:30-7:30	UB	FX*/VT	BB	6:45-7:30
5:35-5:50	UB ^{Rec}	BB/VT	5:35-5:50	TT/Tramp					
5:50-6:05	BB/VT	FX	Beg T&T		6:30-7:30	UB	FX*/VT	BB	SR/PH
6:05-6:20	FX	UB ^{Rec}	6:00-6:15	Wup					
Boys Beg			6:15-6:30	FX	6:30-7:30	UB	FX*/VT	BB	SR/PH
Int			6:30-6:45	Cond/FX					
6:30-6:45	Wup	Wup	6:30-6:45	Cond/FX	6:30-7:30	UB	FX*/VT	BB	SR/PH
6:45-7:00	PB/HB	BB/VT	6:45-7:00	TT/Tramp					
7:00-7:15	FX	UB ^{Rec}			6:30-7:30	UB	FX*/VT	BB	SR/PH
7:15-7:30	SR/UB ^{Rec}	FX							

TUESDAY

Parent & Tot							L2		L2/3												
3:15-3:30	Warm Up						3:30-4:00	Wup*													
3:30-3:40	VT	FX																			
3:40-3:50	UB ^{Pit}	VT		Mini Tots			4:00-4:45	UB ^{Rec}			FX*/VT										
3:50-4:00	FX	UB ^{Pit}		3:45-4:00	Wup																
Mini Tots				4:00-4:10	FX	UB ^{Pit}															
4:15-4:30	Warm Up			4:10-4:20	VT	FX															
				4:20-4:30	UB ^{Pit}	VT															
4:30-4:40	UB ^{Pit}	FX																			
4:40-4:50	FX	VT		Parent & Tot			4:45-5:30	FX*/VT			UB ^{Rec}										
4:50-5:00	VT	UB ^{Pit}		4:45-5:00	Wup																
				5:00-5:10	TT*																
Ninja Tots				5:10-5:20	UB ^{Pit}																
5:15-5:30	Warm Up			5:20-5:30	FX																
5:30-5:40	VT	UB ^{Pit}					5:30-6:00	BB			Cond			XB		XS	XG/XP				
5:40-5:50	UB ^{Pit}	TT*		Mighty Tots													5:30-6:00		Warm Up*		
5:50-6:00	TT*	VT		5:45-6:00	Warm Up												6:00-6:30		Conditioning		
				6:00-6:15	FX	TT*											6:00-6:30		Conditioning		
				6:15-6:30	UB ^{Rec}	FX				6:00-6:30		Conditioning									
				6:30-6:45	TT*	UB ^{Rec}	Boys Adv		Int T&T		6:30-7:10		BB	FX*/VT	UB						
							6:45-7:00	Wup	Wup		6:30-7:10										
							7:00-7:15	SR	FX Drills		6:30-7:10										
							7:15-7:30	TT/Tramp*			6:30-7:10										
							7:30-7:45	FX	Tramp/TT		7:10-7:50		VT/FX*	UB	BB						
							7:45-8:00	HB ^{Rec}			7:50-8:30		UB	BB	VT/FX*						

WEDNESDAY

			PT 4-5		L4	L6-7	L8+	Boys		
			Beg 1		3:30-3:45	Warm Up		3:30-3:45	Wup	
			3:40-3:55	Wup	3:45-4:00	FX		3:45-4:30	HB	
			3:55-4:10	BB/VT	4:00-4:20	VT/BB				
Beg 2			4:10-4:25	UB ^{Rec}	4:00-4:30	Conditioning				
4:10-4:25	Warm Up		4:25-4:40	FX	4:20-4:40	Cond		4:30-5:15	Cond	
4:25-4:40	UB ^{Rec}	BB/VT	Intro T&T		4:40-5:00	UB ^{Rec}				
4:40-4:55	BB/VT	FX	4:50-5:05	Wup	PT 5-7					
4:55-5:10	FX	UB ^{Rec}	5:05-5:20	FX	5:00-5:15	Warm Up		4:30-5:30	Cond	
Beg 1			5:20-5:35	Cond/FX	5:15-5:30	VT/BB				
5:20-5:35	Warm Up		5:35-5:50	TT/Tramp	5:30-6:00	Cond & UB ^{Rec}				
5:35-5:50	BB/VT	FX	BHSx		Adv/PT 8+		5:30-6:30	5:15-6:00	PB	
5:50-6:05	FX	UB ^{Rec}	6:00-6:15	Wup	6:00-6:15	Warm Up				
6:05-6:20	UB ^{Rec}	BB/VT	6:15-6:30	FX*	6:15-6:30	FX				
Beg 1			6:30-6:45	Cond/FX	6:30-6:50	UB ^{Rec}		6:00-6:45	FX/VT	
6:30-6:45	Warm Up		6:45-7:00	TT/Tramp	6:50-7:10	Condition				
6:45-7:00	UB ^{Rec}	BB/VT			6:30-7:30	UB				
7:00-7:15	BB/VT	FX			7:10-7:30	VT/BB		6:45-7:30	SR/PH	
7:15-7:30	FX	UB ^{Rec}								

THURSDAY

Mini Tots							L2		L2/3							
3:15-3:30	Warm Up						3:30-4:00	Wup*								
3:30-3:40	VT	FX														
3:40-3:50	UB ^{Pit}	VT		Parent & Tot												
3:50-4:00	FX	UB ^{Pit}		3:45-4:00	Wup											
Ninja Tots				4:00-4:10	FX	UB ^{Pit}										
4:15-4:30	Warm Up			4:10-4:20	VT	FX		4:00-4:45	UB ^{Rec}	FX*/VT						
				4:20-4:30	UB ^{Pit}	VT										
4:30-4:40	UB ^{Pit}	TT*														
4:40-4:50	TT*	VT		Mini Tots												
4:50-5:00	VT	UB ^{Pit}		4:45-5:00	Wup											
				5:00-5:10	TT*	FX		4:45-5:30	FX*/VT	UB ^{Rec}						
Parent & Tot				5:10-5:20	UB ^{Pit}	TT*										
5:15-5:30	Warm Up			5:20-5:30	FX	UB ^{Pit}										
5:30-5:40	VT	UB ^{Pit}					5:30-6:00	BB	Cond	XB		XS		XG/XP		
5:40-5:50	UB ^{Pit}	TT*		Mighty Tots									5:30-6:00 Warm Up*			
5:50-6:00	TT*	VT		5:45-6:00	Warm Up											
				6:00-6:15	FX	TT*		6:00-6:30	Cond	BB	6:00-6:30		Conditioning			
				6:15-6:30	UB ^{Rec}	FX										
				6:30-6:45	TT*	UB ^{Rec}		Boys Adv		Open Gym		6:30-7:10		BB	FX/VT	UB
							6:45-7:00	Wup*	T&T Gym			7:10-7:50		VT/FX	UB	BB
							7:00-7:15	PB								
							7:15-7:30	HB ^{Rec}								
							7:30-7:45	FX*				7:50-8:30		UB	BB	VT/FX*
							7:45-8:00	TT/Tramp*								

FRIDAY

			PT 4-5		L4	L6-7/XP	L8+	Boys						
			Beg 1		3:30-3:45	Warm Up		3:30-3:45	Wup					
			3:40-3:55	Wup	3:45-4:00	Warm Up		3:45-4:30	HB					
			3:55-4:10	BB/VT	4:00-4:20	Conditioning								
Beg 1			4:10-4:25	UB ^{Rec}										
4:10-4:25	Warm Up		4:25-4:40	UB ^{Rec}	BB/VT	4:25-4:40	FX	4:20-4:40	Cond					
4:25-4:40	UB ^{Rec}	BB/VT	Intro T&T		4:40-5:00	UB ^{Rec}	4:30-5:30	FX*/VT	BB	UB	4:30-5:15	Cond/Tramp		
4:40-4:55	BB/VT	FX	4:50-5:05	Wup	PT 5-7									
4:55-5:10	FX	UB ^{Rec}	5:05-5:20	FX	5:00-5:15	Warm Up								
Beg 2			5:20-5:35	Warm Up	5:20-5:35	Cond/FX*	5:15-5:30	Cond & UB ^{Rec}	5:30-6:30	BB	UB	FX*/VT	5:15-6:00	PB
5:20-5:35	Warm Up		5:35-5:50	TT/Tramp	5:30-6:00	FX								
5:35-5:50	UB ^{Rec}	BB/VT	BHSx		Adv/PT 8+									
5:50-6:05	BB/VT	FX	6:00-6:15	Wup*	6:00-6:15	Warm Up	6:30-7:30	UB	VT/FX*	BB	6:00-6:45	FX/VT		
6:05-6:20	FX	UB ^{Rec}	6:15-6:30	FX*	6:15-6:30	FX								
Boys Beg			6:30-6:45	Cond/FX	6:30-6:50	UB ^{Rec}								
6:30-6:45	Wup	Wup	6:45-7:00	TT/Tramp	6:50-7:10	Condition	6:30-7:30	UB	VT/FX*	BB	6:45-7:30	SR/PH		
6:45-7:00	PB/HB	BB/VT												
7:00-7:15	FX	UB ^{Rec}			7:10-7:30	VT/BB								
7:15-7:30	SR/UB ^{Rec}	FX												

SATURDAY

	L2/3	L3
7:15-7:30	Warm Up	
7:30-8:15	UB	FX*
8:15-9:00	FX*	UB
9:00-9:30	Cond	BB
9:30-10:00	BB	Cond
10:00-10:15	Flexibility	

	L4-5	L6-10

	L4-5	L6-10
10:30-11:00	Warm Up	
11:00-12:00	UB	BB
	FX*/VT	UB
12:00-1:00	BB	FX*/VT
2:00-2:30	Condition	

	BOYS
10:30-10:45	Wup
10:45-11:30	Cond/Tramp
11:30-12:15	PB
12:15-1:00	SR/PH
1:00-1:45	FX/VT
1:45-2:30	HB

Par & Tot		
8:00-8:15	Warm Up	
8:15-8:25	VT	FX
8:25-8:35	UB ^{Pit}	VT
8:35-8:45	FX	UB ^{Pit}
Mini Tots		
9:00-9:15	Warm Up	
9:15-9:25	VT	FX
9:25-9:35	UB ^{Pit}	VT
9:35-9:45	FX	UB ^{Pit}
Mighty Tots		
10:00-10:15	Warm Up	
10:15-10:30	TT	TT
10:30-10:45	UB ^{Rec}	FX
10:45-11:00	FX	UB ^{Rec}
Intro Gymnastics		
11:10-11:25	Warm Up	
11:25-11:40	UB ^{Rec}	BB/FX
11:40-11:55	VT/TT*	UB ^{Rec}
11:55-12:10	FX/BB	VT/TT*
Intro Gymnastics		
12:20-12:35	Warm Up	
12:35-12:50	UB ^{Rec}	BB/FX
12:50-1:05	VT/TT*	UB ^{Rec}
1:05-1:20	FX/BB	VT/TT*
Beg 1		Beg1
1:30-1:45	Warm Up	
1:45-2:00	UB ^{Rec}	BB/FX
2:00-2:15	VT/TT*	UB ^{Rec}
2:15-2:30	FX/BB	VT/TT*

Par & Tot	
8:30-8:45	Warm Up
8:45-8:55	VT
8:55-9:05	FX
9:05-9:15	UB ^{Pit}
Mini Tots	
9:30-9:45	Warm Up
9:45-9:55	VT
9:55-10:05	FX
10:05-10:15	UB ^{Pit}
Ninja Tots	
10:30-10:45	Warm Up
10:45-10:55	FX
10:55-11:05	UB ^{Pit}
11:05-11:15	TT

Intro T&T	
8:40-8:55	Warm Up
8:55-9:25	Floor Drills
9:25-9:40	TT/Tramp
Beg T&T	
9:50-10:05	Warm Up
10:05-10:35	Floor Drills
10:35-10:50	TT/Tramp
BHSx	
11:00-11:15	Warm Up
11:15-11:35	Barrels & Cond
11:35-12:00	Circuit & Bungees

Bday Party	
1:00-1:30	Party Room
Open Gym/Bday Party	
1:30-2:30	T&T Gym

