

GYMNASTICS REVOLUTION

2009/2010 Team Workout Schedule

Level 9, 10	M, T, Th, F S	3:30 – 7:00 9:00 – 1:00	18 hrs/wk
Level 8	M, Th T, F S	3:30 – 7:00 3:30 – 6:30 9:00 – 12:00	16 hrs/wk
Level 7	M, T, Th S	5:30 – 8:30 11:00 – 3:00	13 hrs/wk
Level 6	M, T, Th S	5:30 – 8:30 11:00 – 2:00	12 hrs/wk
Level 5	M, T, Th S	5:30 – 8:00 11:00 – 2:00	10 ½ hrs/wk
Level 4	M, W, F	4:00 – 6:30	7 ½ hrs/wk
Prep Opt Novice	M, W S F	5:00 – 7:00 ** 9:00 – 11:00 ** 5:30 – 7:30 ¥	4 or 6 hrs/wk
Prep Opt Inter/Adv	M, W S F	6:30 – 8:30 10:30 – 12:30 5:30 – 7:30 ¥	6 hrs/wk
Pre Team	T, Th	4:00 – 6:00	4 hrs/wk
All Stars Workout	W	7:00 – 8:30	1 ½ hrs/wk, in addition to other class

** Prep Opt Novices may choose to work out two OR three days per week.

**If choosing 2 workouts per week, Novices may choose any two of the three workouts.

¥ All Prep Opt gymnasts can choose, on a drop-in basis, to work out at an additional workout on Friday evenings. This workout can not be used as a “make-up.”