

# GYMNASTICS REVOLUTION

Connecticut's Premiere Gymnastics Center

13 Francis Clarke Circle Bethel

[www.gymnasticsrevolution.com](http://www.gymnasticsrevolution.com)

## 2008-2009 TEAM Workout Schedule



**All Stars**  
All Teams  
W 7:00 – 8:30  
(in addition to regular class)

**Prep Opt Novice**  
M W 5:00 – 7:00  
Sa 9:00 – 11:00  
Total 6 hrs

**Prep Opt Intermediate**  
M W 5:30 – 8:30  
Sa 11:00 – 1:00  
Total 6 hrs

**Prep Opt EXTRA  
WORKOUT**  
Friday 5:00 – 7:00  
(Not a required workout)

**Pre Team**  
T Th 4:00 – 6:00  
Total 4 hrs

**Level 4**  
M W 4:00 – 6:30  
Sa 9:00 – 11:30  
Total 7.5 hrs

**Level 5**  
M T Th 5:30 – 8:00  
Sa 2:00 – 5:00  
Total 10.5 hrs

**Level 6**  
M T Th 5:30 – 8:30  
Sa 2:00 – 5:00  
Total 12 hrs

**(203)798-8651**

**Level 7**  
M T Th 5:30 – 8:30  
Sa 11:30 – 3:30  
Total 13 hrs

**Level 8**  
M T Th 5:30 – 8:30  
F 4:00 – 7:00  
Sa 11:30 – 3:30  
Total 16 hrs

**Level 9 & 10**  
M T Th F 3:30 – 7:00  
Sa 9:00 – 1:00  
Total 18 hrs