



TEAM WORKOUT SCHEDULE

2010/2011

PreTeam	Tues/Thurs	4:00 – 6:00	
Level 4	Mon/Wed/Fri	4:00 – 6:30	
Level 5	Mon/Tues/Thu	5:30 – 8:00,	Sat 11:00 – 2:00
Level 6	Mon/Tues/Thu	5:30 – 8:30,	Sat 11:00 – 2:00
Level 7	Mon/Tues/Thu	5:30 – 8:30,	Sat 11:00 – 2:30
Level 8, 9, 10	Mon/Tues/Thu/Fri	3:30 – 7:00,	Sat 9:00 – 1:00
*Prep Opt Nov 1	Mon/Wed	5:00 – 7:00,	Sat 9:00 – 11:00
*Prep Opt Nov 2	Tues/Thurs	5:00 – 7:00,	Sat 9:00 – 11:00
Prep Opt Inter.	Mon/Wed	6:30 – 8:30,	Sat 10:30-12:30

Prep Opt Extra Workout: Fridays 5:00 – 7:00 - \$10 per visit

*Prep Opt Novice 1 and 2 groups will choose 2 of 3 the three workouts!