

All basic classes start with five minutes of calisthenics and run one obstacle course.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30						
8:30	4 wks. calisthenics and O.C. 4 wks. apparatus.	Swim	4 wks relays and running. 4 weeks tumbling.	4 wks. calisthenics and O.C. 4 wks. apparatus	4 wks. relays and running. 4 wks. tumbling	
9:30						
10:30						
11:30						
<del>12:30</del>						
1:30						
2:30						
3:30						
4:30	D.S.		D.S.		D.S.	