

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. calis- thenics and O.C. 4 wks. apparatus.	Swim	4 wks relays and running. 4 weeks tumbling.	4 wks. calis- thenics and O.C. 4 wks. apparatus	4 wks. relays and 4 wks. tumbling	
9:30	↓	↓	↓	↓	↓	
10:30	↓	↓	↓	↓	↓	
11:30	↓	↓	↓	↓	↓	
12:30	↓	↓	↓	↓	↓	
1:30	↓	↓	↓	↓	↓	
2:30	↓	↓	↓	↓	↓	
3:30	↓	↓	↓	↓	↓	
4:30	B.S.	↓	B.S.	↓	B.S.	↓