


APRIL WEDNESDAYS

	ISABELLA	SAVANNAH	ARIEL	
4:00			Jr Gym FUN WU - FLOOR 2	4:00
4:05				4:05
4:10			FLOOR 2	4:10
4:15		Level 1 WU - FLOOR 1		4:15
4:20				4:20
4:25		FLOOR 1	BEAM L&H	4:25
4:30				4:30
4:35				4:35
4:40		BARS 2	BARS 1	4:40
4:45				4:45
4:50				4:50
4:55		BEAM L&H/VAULT ON FLOOR 3		4:55
5:00	**Level 3 WU - FLOOR 3			5:00
5:05				5:05
5:10	BARS 1			5:10
5:15			**Level 3 WU - FLOOR 3	5:15
5:20				5:20
5:25	FLOOR 1		BARS 1	5:25
5:30		Super Stars FUN WU -FLOOR 3		5:30
5:35				5:35
5:40	VAULT	BEAM/VAULT ON FLOOR	FLOOR 1	5:40
5:45		CLEAN UP VAULT AREA BEFORE MOVING		5:45
5:50		FLOOR 3		5:50
5:55	CLEAN UP VAULT AREA QUICKLY		VAULT	5:55
6:00	LEVEL 4&5 WU-FLOOR 2	BARS 1		6:00
6:05				6:05
6:10	Jr. Gym & LEVEL 2 WARM UP ON - FLOOR 2	CLEAN UP BEFORE LEAVING	CLEAN UP VAULT AREA QUICKLY	6:10
6:15		CLEAN UP ALL SSTAR STUFF FROM FLOOR 3 & VAULT AREA		6:15
6:20		LEVEL 2 --BARS 2	Level 2 VAULT	6:20
6:25	BEAM/VAULT			6:25
6:30				6:30
6:35		VAULT/BEAM	BARS 1	6:35
6:40	FLOOR 2			6:40
6:45		CLEAN UP VAULT AREA QUICKLY		6:45
6:50		FLOOR 2	FLOOR 1	6:50
6:55	BARS 2 			6:55
7:00				7:00
7:05				7:05
7:10				7:10
7:15		Level 1 WU - FLOOR 1	Level 1 Tramp & Tumble	7:15
7:20			TRAMPOLINE	7:20
7:25		FLOOR		7:25
7:30	Teen Level 1 & 2- FLOOR 3			7:30
7:35				7:35
7:40	FLOOR 1	BARS 1	FLOOR 3	7:40
7:45				7:45
7:50				7:50
7:55	BARS 2	BEAM/VAULT		7:55
8:00				8:00
8:10	VAULT/BEAM 			8:10
8:15				8:15
				8:25
8:30				8:30