

FRIDAY, APRIL 21ST AND 28TH

	JOHNNY	ALYSSA R	KATIE	ALYSSA D	
4:00					4:00
4:10					4:10
4:15					4:15
4:20	JOHNNY	ALYSSA	KATIE	ALYSSA D	4:20
4:25					4:25
4:30	LEVEL 2 WARM UP	Level 1 Team	Level 1 Team		4:30
4:35					4:35
4:40					4:40
4:45	TUMBLE	VAULT	BARS		4:45
4:55					4:55
5:00					5:00
5:05					5:05
5:10	VAULT	FLOOR	BEAM		5:10
5:15				Level 3 T&T - FLOOR 1	5:15
5:25					5:25
5:30				TRAMPOLINE	5:30
5:35	BEAM	BARS	FLOOR		5:35
5:40					5:40
5:45					5:45
5:55				TUMBLING	5:55
6:00	BARS	PLATINUM TEAM - FLOOR 2			6:00
6:05		& GOLD WU			6:05
6:10					6:10
6:15		PLATINUM CONDITIONING	Team Prep Clinic		6:15
6:20			Katie & Magali		6:20
6:25	DONE				6:25
6:30	GOLD BARS	TEAMGYM LEVEL 3 - FLOOR 1		PLATINUM BARS	6:30
6:40					6:40
6:45		FLOOR ROUTINE			6:45
6:55					6:55
7:00	GOLD VAULT			PLAT BEAM OR DANCE	7:00
7:10					7:10
7:15		TEAMGYM TUMBLING			7:15
7:20					7:20
7:25					7:25
7:30	PLATINUM VAULT			GOLD BEAM OR DANCE	7:30
7:35		MINI TRAMP IN VAULT AREA			7:35
7:40					7:40
7:45		VAULT IN VAULT AREA			7:45
7:55					7:55
8:00	GOLD TUMBLE			PLAT TUMBLE	8:00
8:15					8:15
8:30					8:30