

JUNE - THURSDAYS -

	SAVANNAH	LORENA	ADRIANA	
	MYSKILLCHART			
4:00				4:00
4:10				4:10
4:15	Level 2 WU- FLOOR 3			4:15
4:20				4:20
4:25	BARS			4:25
4:30		TEAM 1A	TEAM 1B	4:30
4:35				4:35
4:40	VAULT OR TRAMP/ BEAM			4:40
4:45		BARS	VAULT/BEAM	4:45
4:55	FLOOR			4:55
5:00				5:00
5:10				5:10
5:15	Level 4:	FLOOR	BARS	5:15
5:20				5:20
5:25	VAULT OR TRAMP/ BEAM			5:25
5:30				5:30
5:35				5:35
5:40		BEAM/VAULT	FLOOR	5:40
5:45	BARS			5:45
5:50				5:50
5:55				5:55
6:00		TEAM 1C	COMBINE A & B FOR	6:00
6:05	FLOOR		CONDITIONING	6:05
6:10				6:10
6:15		BARS		6:15
6:20				6:20
6:25				6:25
6:30	TEEN LEVEL 3 & 4 GYM		TEAM DANCE	6:30
6:35				6:35
6:40	VAULT OR TRAMP/ BEAM	FLOOR		6:40
6:45				6:45
6:50				
6:55	FLOOR 3			6:55
7:00				7:00
7:05		BEAM/VAULT		7:05
7:10	BARS			7:10
7:15				7:15
7:20				7:20
7:25				7:25
7:30	LEVEL 3 - WARM UP		CONDITIONING	7:30
				7:35
7:40	BEAM/VAULT OR TRAMP			7:40
7:45				7:45
				7:50
7:55	FLOOR			7:55
8:00				8:00
8:10	BARS			
8:15				8:15
8:30				8:30