

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FUNdamentals = LEVEL 1 Essentials = LEVEL 1						9:00 FUNdamentals (7-8)—AP Essentials (9-12)—LS
Flip & Flow = LEVEL 2						10:00 FUNdamentals (7-8)—LS Essentials (9-12)—AP
3Runners = LEVEL 3						11:00 FUNdamentals (7-8)—LS Essentials (9-12)—AP
Progressions = ALL SKILL LEVELS						12:00 3Runners (9-12)—AP/LS
AFTERNOON						
			2:00 Essentials (9-12)—JB			
	3:00 FUNdamentals (7-8)—JB Essentials (9-12)—JG	3:30 Essentials (9-12)—JB Flip and Flow (9-12)—JB	3:00 Essentials (9-12)—AP	3:30 FUNdamentals (7-8)—JB Essentials (9-12)—JB	3:00 FUNdamentals (7-8)—LS Essentials (9-12)—AP	
4:00 Essentials (9-12)—LS FUNdamentals (7-8)—JB	4:00 Essentials (9-12)—JB Essentials (9-12)—JG	4:30 FUNdamentals (7-8)—JB Flip and Flow (9-12)—JB	4:00 FUNdamentals (7-8)—AP FUNdamentals (7-8)—JB	4:30 Essentials (9-12)—JB Flip and Flow (9-12)—JB	4:00 Essentials (9-12)—LS Flip and Flow (9-12)—AP	
5:00 Essentials (9-12)—LS 3Runners (9-12)—JB	5:00 Essentials (9-12)—JB Flip and Flow (9-12)—JG	5:30 FUNdamentals (7-8)—JB Essentials (9-12)—JB	5:00 Essentials (9-12)—AP Flip and Flow (9-12)—JB	5:30 FUNdamentals (7-8)—JB Flip and Flow (9-12)—JB	5:00 3Runners (9-12)—AP Progressions (13+) (1.5 hours)—LS	
6:00 OPEN GYM (13+) (2 hrs)—JB/LS	6:00 3Runners (9-12)—JB 3Runners (9-12)—JM	6:30 Progressions (13+) (1.5 hours)—JB	6:00 Progressions (13+) (1.5 hours)—AP	6:30 Progressions (13+) (1.5 hours)—JB		