

Practice Schedule for 2017-2018 season

MONDAY

4-5pm
5-6pm
6-6:30pm
6:30 - 7pm
7-7:30pm
7:30-8pm
8-9pm

5-9pm Level 7-10	4-7:30pm Level 6	4-6:30pm Level 4
		6:30-7:30pm Beginners

BALLET

6:30 - 7:30pm - level 4
7:30 - 8:30pm - level 6

TUESDAY

4-5pm
5-6pm
6-7pm
7-8pm
8-9pm

5-9pm Level 7-10	4-7 pm Level 5	4-6pm Level 3
		6:00 - 7:30pm pre-team

4-5pm - level 7-10
5:15 - 6pm - pre team
6-7pm - level 3

WEDNESDAY

4-5pm
5-6pm
6-6:30pm
6:30-7pm
7-8pm
8-9pm

4-7pm Level 6	4-6:30pm Level 4
	Little Gymnasts 6:30 - 7:30pm
7-9pm Stretch/Cond	

THURSDAY

4-5pm
5-6pm
6-7pm
7-8pm
8-9pm

5-9pm Level 7-10	4-7 pm Level 5	4-6pm Level 3
		6:00 - 7:30pm pre-team

FRIDAY

4-5pm
5-6pm
6-6:30pm
6:30-7pm
7-7:30pm
7:30-8pm
8-9pm

5-9pm Level 7-10	4-7:30pm Level 6	4-6:30pm Level 4
		6:30-7:30pm Beginners

SATURDAY

9-10am
10-11am
11-12pm
12-12:30pm
12:30-1pm
1-2pm
2-3pm
3-4pm

9-12pm Level 5	9-12:30pm Level 6	9-11am level 3
		11-12pm-Little Gymnasts
12-4pm Level 7-10		12-2:30pm Stretch/Cond

11-12 - Level 7-10
12-1pm - level 5
1-2pm - level 6