

Team Fall Workout Schedule January 2010

Level 2

Monday, Wednesday 3:30 – 5:00 \$65.00

Level 2 or 3 – **NON** member \$85.00

Level 3

Monday, Wednesday 5:00 - 6:30 \$65.00

Prep Team

Tues, Thursday 5:30 – 7:30 \$75.00

Level 4 Silver

Tuesday, Thursday 5:30 – 7:30 \$75.00

Level 4 Gold

Mon, Wed, Friday 3:30 – 5:30 \$100.00

Saturday 8:00 – 10:00

Level 5 Silver

Tuesday, Thursday 5:30 – 7:30 \$75.00

Level 5 Gold

Mon 5:00 – 7:30 \$110.00

Tue, Thurs 3:00 – 5:30

Sat 8:00 – 10:00

Level 6 Silver

Tuesday, Thursday 5:30 – 7:30 \$75.00

Level 6 Gold

Mon 5:00 – 7:30 \$110.00

Tue, Thursday 3:00 – 5:30

Sat 10:00 – 12:00

Friday Level 6 gold makeup 3:30 – 5:30

Level 7/8/9 & Prep Op Silver

Tue/Thursday 5:30 – 7:30 \$75.00

Level 7/8/9 & Prep Op Gold

Monday, Wed 5:00 – 7:30

Tuesday, Thursday 3:00 – 5:30

Saturday 10:00 – 12:00 \$140.00

Friday – gold Optionals makeup 3:30 – 5:30

Team Open Workout ... Saturday 12:00 – 2:00 \$5.00 card