

# Team Workout Schedule January 2008

## Level 2

Monday-Wednesday                      3:30 – 5:00    \$60.00

**Level 2 – NON member**                      \$80.00

## Level 3

Mon    5:00 – 6:30  
Wed    5:00 – 6:30  
Saturday                                      8:00 – 10:00

**Level 3** (3 days a week)                      \$75.00

**Level 3** (two days/week)                      \$60.00

## Level 4

Tuesday, Thursday                      3:30 – 5:30  
Tuesday, Thursday                      5:00 – 7:00  
Friday    3:30 – 5:30  
Saturday                                      8:00 – 10:00

**Level 4** (four days a week)                      \$95.00

**Level 4** (two days a week)                      \$65.00

## Level 5

Tuesday    3:00 – 5:30  
Thursday    3:00 – 5:30  
Friday    3:30 – 5:30  
Saturday    8:00 – 10:00                      \$105.00

## Level 6

Monday or Wed                                      5:00 – 7:30  
Tuesday, Thursday                              3:00 – 5:30  
Saturday    10:00 – 12:00                      \$105.00

## Level 7/8/9

Monday, Wed                                      5:00 – 7:30  
Tuesday, Thursday                              3:00 – 5:30  
Saturday    10:00 – 12:00                      \$135.00

Open TeamWorkouts:    Friday 5:30 – 7:30 (\$5.00)    Saturday 12:00 – 2:00 (\$5.00)