



Team Workout Schedule
Beginning Tuesday, September 6th 2011

Pre-Team (Petite Elite): 3hr/wk

Wednesday 6 pm - 7:30 pm

Saturday 9 am - 10:30 am

Level 4: 6hr/wk

Tuesday/Thursday 5 pm - 8 pm

Level 5: 9hr/wk

Monday/Wednesday/Friday 5 pm - 8 pm

Level 6: 12hr/wk

Monday/Tuesday/Wednesday/Friday 5 pm - 8 pm

Level 7/8: 13hr/wk

Monday/Tuesday/Thursday/Friday 2:45 pm - 6 pm