

**SAMPLE WEEKLY SCHEDULE**

MONDAY			
Time	Class	Topic	Coaches
8-8:30	Gym Open for Warm-Up		
8:30-9:15	Warm Up		Christine
9:15 - 10	Handstands		Christine
	Tumbling (F)		Cassie
10 - 10:15	Break		
10:15 - 10:30	Calibrations		Ilana
	Acro All	Foot to Hand (F2H)	Christine, Blox
10:30 - 12	Acro w/Requirements	Experience w/Banquine	Niko, Cassie
12 - 1	Lunch		
1-1:15	Warm Up		Ryan
1:15 - 2:45	Acro All	Hand to Hand (H2H)	Ryan, Christine
	Acro with Requirments	F2H	Niko
2:45 - 3:45	Acro Review		Ryan
3:45-4	Cool Down		

TUESDAY			
Time	Class	Topic	Coaches
8-8:30	Gym Open for Warm-Up		
8:30 - 9	Warm Up		Blox
9-10	Tumbling (A)		Cassie
	Handstands (F)		Blox
10 - 10:15	Break		
10:15 - 10:30	Calibrations		Blox
10:30 - 12	Acro All	Side Star/Rock N Roll/HS on Shoulders	Cassie, Ryan
	Acro w/Requirements	Standing Transitions	Niko,Blox
12 - 1	Lunch		
1 - 1:15	Warm Up		Ilana
1:15 - 2:45	Acro All	Standing Transitions	Niko, Christine
	Acro w/Requirements	H2H	Ryan, Blox
2:45 - 3:45	Acro Review		Ryan
3:45 - 4	Cool Down		

WEDNESDAY			
Time	Class	Topic	Coaches
8 - 8:30	Gym Open for Warm-Up		
8:30 - 9	Tumbling Warm Up		Christine
9 - 9:30	Acro Conditioning/ Calibrations		Blox
9:30 - 10:30	Acro All	Banquine	Niko, Blox
	Acro w/Requirements	Inlocates (Req: stable consistent H2H, inlocate to two high)	Christine
10:30 - 10:45	Break		
10:45 - 11:45	Acro All	Reverse H2H	Niko, Blox
	Acro w/Requirements	Inlocates	Christine
11:45 - 12:45	Lunch		
12:45 - 1	Warm Up		Cassie
1 - 2:15	Acro All	Swinging	Christine
	Acro w/Requirements	Shoulder	Cassie, Ryan
2:15 - 3:15	Acro Review		Ryan
3:15 - 4	Myofascial Release/Flex		Ryan/Cassie

THURSDAY			
Time	Class	Topic	Coaches
8 - 8:30	Gym Open for Warm-Up		
8:30 - 9	Dance Warm-Up		Christine
9 - 9:45	Handstands All		Niko
	Handstands w/Requirements		Christine
9:45 - 10	Break		
10 - 10:15	Calibrations		Ilana
10:15 - 11:45	Acro All	H2H -- Tam Pam	Ryan, Blox
	Acro w/Requirements	Knots and One Arm	Christine, Niko
11:45 - 12:45	Lunch		
12:45 - 1	Warm Up		Yo Self!
1-2	Tumbling (A)/Acro Review		Cassie/Niko
2-3:45	Pass the Flyer		Ryan, Cassie, Blox
3:45 - 4	Cool Down		

FRIDAY			
Time	Class	Topic	Coaches
8 - 8:30	Gym Open for Warm-Up		
8:30 - 9	Warm Up		Cassie
9 - 9:45	Handstands/Tumbling (F)		Niko/Cassie
9:45 - 10	Break		
10 - 10:15	Calibrations		Cassie
10:15 - 11:45	Acro All	Double Base Pitching	Niko
	Acro w/Requirements	Relocate	Blox, Ryan
11:45 - 12:45	Lunch		
12:45 - 1	Warm Up		Ryan
1 - 3	Acro Review		Niko
3-3:45	Myofascial Release		Ryan