



**Girls Competitive Team  
Fall 2009-2010 Training Schedule**

Level	# hr/wk	Monday	Tuesday	Wednesday	Thursday	Friday
Level 4	9.0	4:00pm-7:00pm		4:00pm-7:00pm	4:00pm-7:00pm	
Level 5	12.0	4:00pm-7:00pm		4:00pm-7:00pm	4:00pm-7:00pm	4:00pm-7:00pm
Level 6	12.0	4:00pm-7:00pm	4:00pm-7:00pm	4:00pm-7:00pm		4:00pm-7:00pm
Level 7,8,9,10	14.0	5:00pm-8:30pm	5:00pm-8:30pm		5:00pm-8:30pm	4:00pm-7:30pm
Hot Shots	6.5		4:00pm-6:00pm	4:00pm-6:30pm	4:00pm-6:00pm	
Dynos	4.0		4:00pm-6:00pm		4:00pm-6:00pm	
Dyno Minis	3.0	2:00pm-3:30pm	2:00pm-3:30pm	2:00pm-3:30pm	2:00pm-3:30pm	
High School	7.5	6:30pm-9:00pm	6:30pm-9:00pm		6:30pm-9:00pm	

**Boys Competitive Team  
Fall 2009-2010 Training Schedule**

Level	#hr/wk	Monday	Tuesday	Wednesday	Thursday	Friday
Level 4	6.0	5:30pm-7:30pm		5:30pm-7:30pm	5:30pm-7:30pm	
Level 5+	9.0	5:30pm-8:30pm		5:30pm-8:30pm	5:30pm-8:30pm	
Top Gun	2.5	4:00pm-5:15pm		4:00pm-5:15pm		
Boys Development	4.0	5:30pm-7:30pm		5:30pm-7:30pm		

**Rhythmic Competitive Team  
Fall 2009-2010 Training Schedule**

Level	# hr/wk	Monday	Tuesday	Wednesday	Thursday	Friday
Level 4	6.0	5:00pm-7:00pm	5:00pm-7:00pm		5:00pm-7:00pm	
Level 5	6.0	5:00pm-7:00pm	5:00pm-7:00pm		5:00pm-7:00pm	
Level 6	6.0	5:00pm-7:00pm	5:00pm-7:00pm		5:00pm-7:00pm	
Level 7	6.0	5:00pm-7:00pm	5:00pm-7:00pm		5:00pm-7:00pm	

**Acro Team  
Fall 2009-2010 Training Schedule**

Level	# hr/wk	Monday	Tuesday	Wednesday	Thursday	Friday
Lil Acro	1.0		5:30pm-6:30pm	6:30pm-7:30pm		
Kinder Acro	1.0		6:30pm-7:30pm	5:30pm-6:30pm		
Jr. Acro	2.0	6:00pm-8:00pm				
Sr. Acro	4.0		6:00pm-8:00pm		6:00pm-8:00pm	