



Girls Team Fall Work-Out Schedule

NOTE: THE OFFICIAL START DAY OF THE FALL WORK-OUT SCHEDULE WILL BE MONDAY AUGUST 22ND

LEVEL 4			
MONDAY	WEDNESDAY	FRIDAY	COST
4PM-7PM	4PM-7PM	4PM-7PM	\$225
LEVEL 4 ALTERNATIVE WORK-OUT PLAN			
MONDAY	WEDNESDAY	FRIDAY	COST
4:30PM - 7PM	4:30PM - 7PM	4:30PM - 7PM	\$185

LEVEL 5				
MONDAY	TUESDAY	THURSDAY	FRIDAY	COST
6PM - 9PM	4:30PM-7:30PM	4:30PM-7:30PM	6PM-9PM	\$270

LEVEL 6					
MONDAY	TUESDAY	THURSDAY	FRIDAY	COST	
6PM-9PM	4:30PM-7:30PM	4:30PM-7:30PM	6PM-9PM	\$270	
LEVEL 6 ALTERNATIVE WORK-OUT PLAN					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COST
6PM-9PM	4:30PM-7:30PM	6PM-9PM	4:30PM-7:30PM	6PM-9PM	\$330

LEVEL 7					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COST
6PM-9PM	4:30PM-7:30PM	6PM-9PM	4:30PM-7:30PM	6PM-9PM	\$330

EVENTS: SPECIAL WORK-SHOPS			
DATES:	TIMES		COST
SATURDAY SEPTEMBER 17TH	9AM - 12PM - L4	12PM-3PM L 5-7	\$40