

	A	B	C	D	E
1	8:30-8:50	All Aboard-Welcome & Explanation of Rotations			
2	8:50-9:30	The Express: Warm-Up & Stretch			
3		The Bullets	The Monorail	The Amtrak	The Freight Liner
4	9:30-10:10	Station 1	Station 2	Station 3	Station 4
5	10:10-10:50	Station 2	Station 3	Station 4	Station 1
6	10:50-11:30	Station 3	Station 4	Station 1	Station 2
7	11:30-12:10	Station 4	Station 1	Station 2	Station 3
8	12:10-12:30	Trolley: I think I can I think I can!			
9					
10	12:30-2:00	Coaches Lunch & Learn			
11					
12	2:00-2:20	All Aboard-Welcome & Explanation of Rotations			
13	2:20-3:00	The Express: Warm-Up & Stretch			
14		The Bullets	The Monorail	The Amtrak	The Freight Liner
15	3:00-3:40	Station 1	Station 2	Station 3	Station 4
16	3:40-4:20	Station 2	Station 3	Station 4	Station 1
17	4:20-5:00	Station 3	Station 4	Station 1	Station 2
18	5:00-5:40	Station 4	Station 1	Station 2	Station 3
19	5:40-6:00	Trolley: I think I can I think I can!			