

DAILY SCHEDULE:

FRIDAY MAY 26 TH	SATURDAY MAY 27 TH	SUNDAY MAY 28 TH
8:30 – 9:00 CHECK IN 9:00 – 9:30 Warm up 9:30 – 10:05 Rotation 1 10:05 – 10:40 Rotation 2 10:40 – 11:15 Rotation 3 11:15 – 11:50 Rotation 4 11:50 – 12:25 Rotation 5 12:25 – 1:15 L U N C H 1:15 – 1:45 Warm up 1:45 – 2:20 Rotation 6 2:20 – 2:55 Rotation 7 2:55 – 3:30 Rotation 8 3:30 – 4:05 Rotation 9 4:05 – 4:40 Rotation 10 4:40 – 5:00 STRECH	11:00 – 11:30 Warm up 11:30 – 12:05 Rotation 1 12:05 – 12:40 Rotation 2 12:40 – 1:15 Rotation 3 1:15 – 1:50 Rotation 4 1:50 – 2:25 Rotation 5 2:25 – 3:15 L U N C H 3:15 – 3:45 Warm up 3:45 – 4:20 Rotation 6 4:20 – 4:55 Rotation 7 4:55 – 5:30 Rotation 8 5:30 – 6:05 Rotation 9 6:05 – 6:40 Rotation 10 6:40 – 7:00 STRECH	9:00 – 9:20 Warm up 9:20 – 9:50 Rotation 1 9:50 – 10:20 Rotation 2 10:20 – 10:50 Rotation 3 10:50 – 11:20 Rotation 4 11:20 – 11:50 Rotation 5 11:50 – 12:20 Rotation 6 12:20 – 1:00 L U N C H 1:00 – 1:15 Warm up 1:15 – 1:45 Rotation 7 1:45 – 2:15 Rotation 8 2:15 – 2:45 Rotation 9 2:45 – 3:15 Rotation 10 3:15 – 3:30 STRECH