



# PRACTICE LIKE A CHAMPION

## CLASS SCHEDULE FALL SEMESTER 2024 August 12 – December 22, 2024

Level	Monday	Wednesday	Friday	Saturday	Sunday
<b>Pre-School Rhythmic</b> <i>2020-2018 yob</i>	5:00-6:00pm	5:00-6:00pm			
<b>Level 1</b> <b>Rhythmic Beginners</b> 2018-2014 yob	4:00-5:00pm	4:00-5:00pm			
<b>Level 2</b> <b>Pre-Team</b> 2019-2016 yob	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	3:30-5:30pm	
<b>Xcel Bronze/Silver</b>	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	3:30-6:30pm	
<b>Level 4</b>	4:00-7:00pm	4:00-7:00pm	4:00-7:00pm	3:30-6:30pm	9:00am-12:00pm
<b>Level 5</b> 4 x week	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	3:30-7:30pm	9:00am-1:00pm
<b>Level 6-9</b> 5 x week	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	3:30-7:30pm	9:00am-1:00pm
<b>Flexibility &amp; Strength</b> 2015-2011 yob \$45/2 hrs	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	3:30-5:30pm	9:00am-11:00am