

SUPERVISED WORKOUTS

2016—2017

Sept

Fri 2nd: Vault Sat 10th: Floor
Fri 9th: Bars Sat 17th: N/A
Fri 16th: Beam Sat 24th: Bars
Fri 23rd: Floor
Fri 30th: Vault

Nov

Fri 4th: Bars Sat 5th: Floor
Fri 11th: Beam Sat 12th: Vault
Fri 18th: Floor Sat 19th: N/A

Jan

Fri 6th: Vault Sat 7th: Bars
Fri 13th: Bars Sat 14th: Beam
Fri 20th: Beam Sat 21st: N/A
Fri 27th: Floor Sat 28th: Vault

March

Fri 3rd: Vault Sat 4th: Bars
Fri 10th: Bars Sat 11th: Beam
Fri 17th: Beam Sat 18th: N/A
Fri 24th: Floor Sat 25th: Vault
Fri 31st: Vault

May

Fri 5th: Bars Sat 6th: Beam
Fri 12th: Beam Sat 13th: Floor
Fri 19th: Floor Sat 20th: N/A
Fri 26th: Vault

Oct

Fri 7th: Bars Sat 1st: Beam
Fri 14th: Beam Sat 8th: Floor
Fri 21st: Floor Sat 15th: N/A
Fri 28th: Vault Sat 22nd: Bars
Sat 29th: Beam

Dec

Fri 2nd: Vault Sat 3rd: Beam
Fri 9th: Bars Sat 10th: Floor
Fri 16th: Beam Sat 17th: N/A
Fri 23rd: Floor

Feb

Fri 3rd: Vault Sat 4th: Bars
Fri 10th: Bars Sat 11th: Beam
Fri 17th: Beam Sat 18th: N/A
Fri 24th: Floor Sat 25th: Vault

April

Fri 7th: Bars Sat 1st: Bars
Fri 14th: Beam Sat 8th: Beam
Fri 21st: Floor Sat 22nd: N/A
Fri 28th: Vault Sat 29th: Bars

June

Fri 2nd: Bars Fri 9th: Beam
Fri 16th: Floor Fri 23rd: Vault
Fri 30th: Bars

Fridays 6pm / Saturdays 1:15pm

\$20 Members / \$25 Non-Members