

SUPERVISED WORKOUTS

2017-2018

Friday 6pm

Saturday 1:15pm

Sept

Fri 1st: Vault Sat 9th: Bars
Fri 8th: Bars Sat 16th: N/A
Fri 15th: Beam Sat 23rd: Beam
Fri 22nd: Floor Sat 30th: Floor
Fri 29th: Vault

Oct

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

Nov

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

Dec

Fri 1st: Vault Sat 2nd: Bars
Fri 8th: Bars Sat 9th: Beam
Fri 15th: Beam Sat 16th: N/A
Fri 22nd: Floor Sat 23rd: Vault

Jan

Fri 5th: Vault Sat 6th: Beam
Fri 12th: Bars Sat 13th: Floor
Fri 19th: Beam Sat 20th: N/A
Fri 26th: Floor Sat 27th: Vault

Feb

Fri 2nd: Vault Sat 3rd: Bars
Fri 9th: Bars Sat 10th: Beam
Fri 16th: Beam Sat 17th: N/A
Fri 23rd: Floor Sat 24th: Floor

March

Fri 2nd: Vault Sat 3rd: Beam
Fri 9th: Bars Sat 10th: Floor
Fri 16th: Beam Sat 17th: N/A
Fri 23rd: Floor Sat 24th: Vault

April

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

May

Fri 4th: Vault Sat 5th: Bars
Fri 11th: Bars Sat 12th: Beam
Fri 18th: Beam Sat 19th: N/A
Fri 25th: Floor Sat 26th: Vault

June

Fri 1st: Vault Fri 8th: Beam
Fri 15th: Bars Fri 22nd: Floor

\$20 Current Students / \$25 Non-Members