

SUPERVISED WORKOUTS

2018-2019

Friday 6pm

Aug

Fri 31st: Floor

Sept

Fri 7th: Beam

Sat 8th: Vault

Fri 14th: Bars

Sat 15th: Floor

Oct

Fri 5th: Floor

Sat 6th: Beam

Fri 12th: Vault

Sat 13th: Bars

Nov

Fri 2nd: Floor

Sat 3rd: Bars

Fri 9th: Vault

Sat 10th: Beam

Dec

Sat 1st: Vault

Fri 7th: Floor

Sat 8th: Floor

Fri 14th: Vault

Jan

Fri 4th: Beam

Sat 5th: Bars

Fri 11th: Floor

Sat 12th: Vault

Fri 21st: Beam

Sat 22nd: N/A

Fri 28th: Vault

Sat 29th: Bars

Fri 19th: Bars

Sat 20th: N/A

Fri 26th: Beam

Sat 27th: Vault

Fri 16th: Bars

Sat 17th: N/A

Fri 30th: Beam

Sat 15th: N/A

Fri 21st: Bars

Sat 22nd: Beam

Fri 18th: Vault

Sat 19th: N/A

Fri 25th: Vault

Sat 26th: Floor

Saturday 1pm

Feb

Fri 1st: Beam

Sat 2nd: Bars

Fri 8th: Floor

Sat 9th: Beam

March

Fri 1st: Beam

Sat 2nd: Floor

Fri 8th: Floor

Sat 9th: Beam

Fri 15th: Vault

Apr

Fri 5th: Floor

Sat 6th: Floor

Fri 12th: Vault

Sat 13th: Beam

May

Fri 3rd: Floor

Sat 4th: Beam

Fri 10th: Vault

Sat 11th: Floor

Fri 17th: Bars

June

Fri 7th: Vault

Fri 14th: Bars

Fri 15th: Vault

Sat 16th: N/A

Fri 22nd: Bars

Sat 23rd: Vault

Sat 16th: N/A

Fri 22nd: Beam

Sat 23rd: Bars

Fri 29th: Bars

Sat 30th: Vault

Fri 19th: Bars

Sat 20th: N/A

Fri 26th: Beam

Sat 27th: Bars

Sat 18th: N/A

Fri 24th: Beam

Sat 25th: Bars

Fri 31st: Floor

Fri 21st: Beam

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