

# SUPERVISED WORKOUTS

2019-2020

## Friday 6pm

### Aug

Fri 30th: Floor

### Sept

Fri 6th: Beam

Sat 7th: Bars

Fri 13th: Bars

Sat 14th: Beam

### Oct

Fri 4th: Beam

Sat 5th: Floor

Fri 11th: Bars

Sat 12th: Beam

### Nov

Fri 1st: Bars

Sat 2nd: Floor

Fri 8th: Vault

Sat 9th: Beam

### Dec

Fri 6th: Bars

Sat 7th: Vault

Fri 13th: Vault

Sat 14th: Floor

### Jan

Fri 3rd: Bars

Sat 4th: Beam

Fri 10th: Vault

Sat 11th: Bars

Fri 20th: Vault

Sat 21st: N/A

Fri 27th: Floor

Sat 28th: Vault

Fri 18th: Vault

Sat 19th: N/A

Fri 25th: Floor

Sat 26th: Bars

Fri 15th: Floor

Sat 16th: N/A

Fri 22nd: Beam

Sat 23rd: Bars

Fri 20th: Floor

Sat 21st: N/A

Fri 17th: Floor

Sat 18th: N/A

Fri 24th: Beam

Sat 25th: Vault

Fri 31st: Bar

## Saturday 1pm

### Feb

Sat 1st: Floor

Fri 7th: Vault

Sat 8th: Beam

Fri 14th: Floor

Sat 15th: N/A

Fri 21st: Beam

Sat 22nd: Bars

Fri 28th: Bars

Sat 29th: Vault

### March

Fri 6th: Vault

Sat 7th: Floor

Fri 13th: Floor

Sat 14th: Beam

Fri 20th: Bars

Sat 21st: N/A

Fri 27th: Beam

Sat 28th: Bars

### Apr

Fri 3rd: Floor

Sat 4th: Vault

Fri 17th: Bars

Sat 18th: N/A

Fri 24th: Beam

Sat 25th: Floor

### May

Fri 1st: Vault

Sat 2nd: Beam

Fri 8th: Beam

Sat 9th: Bars

Fri 15th: Bars

Sat 16th: N/A

Fri 22nd: Floor

Fri 29th: Vault

Sat 30th: Floor

### June

Fri 5th: Bars

Fri 12th: Beam

Fri 19th: Floor

Fri 26th: Vault

\$25/class