

**VALLEY ATHLETICS**  
**WEEKLY TRAINING SCHEDULE - 2018/2019**

Monday	After School 3:00-5:00	L2+ Tumbling & Privates 4:15-5:00		J2 5:00-7:30	S3 6:30-9:00
Tuesday	AfterSchool 3:00-5:00	CIM 4:00-5:00	Parkour (5-9) 4:00-5:00 Parkour (10+) 5:00-6:00	Mini 5:00-6:30	Y1 6:00-7:30
Wednesday	After School 3:00-5:00	Privates 4:15-5:00	Prep 5:00-6:00	J2 5:00-7:30	S3 6:30-9:00
Thursday		Beg/L1 Tumbling 4:15-5:00	Tiny 5:00-6:00 Mini 5:00-6:30	Y1 5:30-7:30	Strength & Tumble 7:00-8:00
Friday	<i>Cheer Athletics</i>				
Saturday	Prep 10:00-11:00	Pre-Tiny 11:00-11:45	Open Tumbling 11:45-12:30	Open Gym for Birthdays, Extra Practice, etc. 1:00-5:00	
Sunday					