**Monday DEVELOPMENT 16.15-18.30**

**Lead:** Sophie

**Coach:** Libby

**Warm Up Area:** Other gym (or beam area)

16.15-16.45 Warm Up

16.45-17.30 Floor on Air Track

17.30-18.15 Beam

18.15-18.30 Conditioning (Core)

**Monday JUNIOR OLDER 16.15-18.30**

**Lead:** Sophie

**Coach:** Sophie

**Warm Up Area:** Other gym (or Air Track)

16.15-16.45 Warm Up

16.45-17.30 Beam

17.30-18.15 Floor on Air Track

18.15-18.30 Conditioning (Core)