**Thursday DEVELOPMENT 15.45-18.15**

**Lead:** Hannah

**Coach:** Hannah

**Warm Up Area:** Green Spots

15.45-16.00 Warm Up

16.00-16.30 Floor on AirTrack

16.30-17.00 Vault on AirTrack

17.00-17.15 BREAK CORRIDOR

17.15-17.45 Bars

17.45-18.15 Floor basics and conditioning OTHER GYM

**Thursday JUNIOR Younger 15.45-18.45**

**Lead:** Hannah

**Coach:** Sophie

**Warm Up Area:** Air Track

15.45-16.00 Warm Up

16.00-16.30 Bars

16.30-17.00 Beam

17.00-17.15 BREAK CORRIDOR

17.15-17.45 Vault on AirTrack

17.45-18.15 Floor on AirTrack

18.15-18.30 Conditioning LEGS (on beam or bar station)

18.30-18.45 Stretch out and dismissal Other Gym

**Thursday ESPOIR 17.45-20.00**

**Lead:** Hannah

**Warm Up Area:** Other Gym

17.45-18.15 Warm Up

18.15-18.30 Conditioning & Lines

18.30-19.00 BEAM

19.00-19.30 FLOOR

19.30-20.00 Bars

**Thursday SENIOR 17.45-20.00**

**Lead:** Hannah

**Warm Up Area:** Other Gym

17.45-18.15 Warm Up

18.15-18.30 Conditioning & Lines

18.30-19.00 BARS

19.00-19.30 BEAM

19.30-20.00 Floor or Air Track