**Tuesday DEVELOPMENT 16.00-18.00**

**Lead:** Hannah

**Coach:** Hannah

**Warm Up Area:** Other Gym (or beam)

16.00-16.30 Warm Up

16.30-17.10 Squad Bars

17.10-17.50 Vault on Air Track

17.50-18.00 Conditioning Other Gym

**Tuesday JUNIOR Younger 16.00-18.00**

**Lead:** Hannah

**Coach:** Libby

**Warm Up Area:** Other Gym (or AirTrack)

16.00-16.30 Warm Up

16.30-17.10 Floor on AirTrack

17.10-17.50 Beam

17.50-18.00 Conditioning Other Gym

**Tuesday SENIOR 17.45-20.00**

**Lead:** Kirstie

**Warm Up Area:** Other gym??

17.45-18.15 Warm Up Other Gym (or AirTrack)

18.15-18.30 Conditioning

18.30-19.00 Floor on Air Track

19.00-19.30 Beam

19.30-20.00 Bars