

2009 – 2010 JO Practice Schedule

Team	Mon	Tue	Wed	Thu	Fri	Sat	Sun
JOE	3:30 – 6:00 PM	5:30- 6:45 AM AND/OR 3:30 – 5:00 PM	4:00 – 7:00 PM	3:30 – 6:00 PM	5:30- 6:45 AM	8:00- 11:00 AM	
SERGEY	7:00 – 9:30 PM	7:00 – 9:30 PM	4:00 – 7:00 PM	5:00 – 6:30 PM	4:00 – 6:00 PM		2:00 – 5:00 PM
High School/ High School Prep			7:00 – 9:00 PM	8:00 – 10:00 PM			11:00 – 1:00 PM
Respect	4:00 – 5:30 PM				4:00 – 5:30 PM		
Responsibility	5:30 – 7:00 PM	5:30 – 7:00 PM					
Honesty			4:00 – 5:30 PM		4:00 – 5:30 PM		
Caring	5:00 – 6:30 PM			5:00 – 6:30 PM			
<p>► Respect/Responsibility/Honesty/Caring ◄</p> <p>You must commit to one of the above schedules – no switching practice days!</p>							
<p>Classes below are 12 week sessions:</p>							
Gymnastics For Diving	DAY and TIME to be determined						
Pilates, Ballet & Stretching – Tue		5:00 – 6:00 PM					
Pilates, Ballet & Stretching – Thu				4:00 – 5:00 PM			