

Summer Workout Schedule

June 3 -August 9
(see team calendar for closures)

USAG

Bronze: M, W 4:00-6:30 pm

Silver: M, T, TH 4:00-7:00 pm

Gold: M, T, W, TH 4:00-7:00 pm

Platinum/Diamond M, T, W, TH 4:00-8:00 pm

Level 5 M,T,W,TH, 4:00-8:00 pm

Level 6,7,8,9,10 M,T,W,TH, F 4:00-8:00 pm

TOPS: F 1:00-3:30 pm

AAU

Bronze/Silver T,TH 4:00-6:00 pm

Gold T, TH 4:00-7:00 pm

Platinum/Diamond M,W,F 4:00-7:00pm

Summer Saver Options for June and July:

Optionals and Diamond/Platinum-

You may add \$50 to your monthly tuition and add an additional start hour (3:00pm) and open gym every Saturday 2-3:30 pm. Plus one bonus week of early start and open gym in the first week of August at no extra charge.

Bronze,Silver,Gold/Compulsory- You may add \$75 to your monthly tuition and add an additional start hour (3:00 pm), an extra day of your choice, and open gym every Sat. 2- 3:30 pm. Plus one bonus week of early start, open gym, and extra day in the first week August at no extra charge.

