

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
10:30				OPEN TRAINING 10:30 - 12:00 90 Minutes OWN APPARATUS	SILKS LEVEL 2 10:30 - 11:45 75 Minutes					
10:45										
11:00										
11:15										
11:30										
11:45										
12:00										
16:30				MINI FLYERS 4:30 - 5:30 6 Weeks	MINI FLYERS 4:30 - 5:30 6 Weeks					
16:45										
17:00										
17:15										
17:30										
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17:45	SILKS LEVEL 1+ 5:45 - 7:00 75 Minutes	INTRO TO SILKS 6:00 - 7:15 6 Week Block	INTRO TO LYRA 5:45 - 7:00 6 Week Block	STRENGTH TRAINING 6:00 - 7:00	MINI FLYERS 5:45 - 6:45 6 Weeks					
18:00										
18:15										
18:30										
18:45										
19:00										
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19:15	SILKS LEVEL 2 7:05 - 8:20 75 Minutes	STRENGTH TRAINING 7:30 - 8:30	LYRA LEVEL 3 7:05 - 8:20 75 Minutes	STRENGTH TRAINING 7:15 - 8:15	OPEN TRAINING 7:05 - 8:35 90 Minutes OWN APPARATUS					
19:30										
19:45										
20:00										
20:15										
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20:15	SILKS LEVEL 3 8:25 - 9:40 75 Minutes		LYRA LEVEL 1+ 8:25 - 9:40							
20:30										
20:45										
21:00										
21:15										