VIRGINIA INTERNATIONAL GYMNASTICS SCHOOLS, INC.

RECREATIONAL CLASS WEEKLY SCHEDULE



CLASS	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Parent & Child		9:45 - 10:15am	9:45 - 10:15am			8:30 - 9:00am	3:30 - 4:00pm
			11:45 - 12:15pm			3:30 - 4:00pm	
Tot 1	1:15 - 2:00pm	10:15 - 11:00am	10:15 - 11:00am	1:15 - 2:00pm		8:30 - 9:15am	2:30 - 3:15pm
		11:00 - 11:45am	11:00 - 11:45am			9:15 - 10:00 am	3:30 - 4:15pm
	4:00 - 4:45pm	1:15 - 2:00pm	4:00 - 4:45pm	4:45 - 5:30pm		1:00 - 1:45pm	4:15 - 5:00pm
		4:45 - 5:30pm					
Tot 2	1:15 - 2:00pm	10:15 - 11:00am	10:15 - 11:00am	1:15 - 2:00pm		8:30 - 9:15am	2:30 - 3:15pm
		11:00 - 11:45am				9:15 - 10:00am	3:30 - 4:15pm
	4:00 - 4:45pm	1:15 - 2:00pm	11:00 - 11:45am	4:45 - 5:30pm		11:15 - 12:00pm	4:15 - 5:00pm
		4:45 - 5:30pm				1:00 - 1:45pm	
Tot 3	1:15 - 2:00pm	11:00 - 11:45am	4:00 - 4:45pm	1:15 - 2:00pm		11:15 - 12:00pm	4:15 - 5:00pm
	4:00 - 4:45pm					1:00 - 1:45pm	
Beginner 1	3:00 - 4:00pm	4:45 - 5:45pm	4:45 - 5:45pm	3:00 - 4:00pm		9:00 - 10:00am	2:30 - 3:30pm
	4:45 - 5:45pm		5:45 - 6:45pm	4:45 - 5:45pm		10:00 - 11:00am	3:30 - 4:30pm
	5:45 - 6:45pm		7:00 - 8:00pm			11:00 - 12:00pm	4:30 - 5:30pm
	7:00 - 8:00pm					1:00 - 2:00pm	
						2:00 - 3:00pm	
						3:00 - 4:00pm	
Beginner 2	3:00 - 4:00pm	4:45 - 5:45pm	4:45 - 5:45pm	3:00 - 4:00pm		9:00 - 10:00am	2:30 - 3:30pm
	4:45 - 5:45pm		5:45 - 6:45pm	4:45 - 5:45pm		10:00 - 11:00am	3:15 - 4:15pm
	5:45 - 6:45pm		7:00 - 8:00pm			1:00 - 2:00pm	4:30 - 5:30pm
	7:00 - 8:00pm					2:00 - 3:00pm	
						3:00 - 4:00pm	

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RECREATIONAL CLASS WEEKLY SCHEDULE



CLASS	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Beginner 3	3:00 - 4:00pm	4:45 - 5:45pm	4:45 - 5:45pm	3:00 - 4:00pm		9:00 - 10:00am	
	4:45 - 5:45pm	7:00 - 8:00pm	5:45 - 6:45pm	4:45 - 5:45pm		11:00 - 12:00pm	4:30 - 5:30pm
	5:45 - 6:45pm		7:00 - 8:00pm			3:00 - 4:00pm	
	7:00 - 8:00pm						
Intermediate 1	4:45 - 6:00pm	5:45 - 7:00pm	4:45 - 6:00pm	5:45 - 7:00pm		10:00 - 11:15am	5:15 - 6:30pm
	5:45 - 7:00pm		5:45 - 7:00pm			2:00 - 3:15pm	
	7:00 - 8:15pm		7:00 - 8:15pm				
Intermediate 2	4:45 - 6:00pm	5:45 - 7:00pm	4:45 - 6:00pm	5:45 - 7:00pm		10:00 - 11:15am	5:15 - 6:30pm
	5:45 - 7:00pm		5:45 - 7:00pm	7:00 - 8:15pm		2:00 - 3:15pm	
	7:00 - 8:15pm		7:00 - 8:15pm				
Intermediate 3	5:45 - 7:00pm	5:45 - 7:00pm	4:45 - 6:00pm	7:00 - 8:15pm		10:00 - 11:15am	
			5:45 - 7:00pm			2:00 - 3:15pm	5:15 - 6:30pm
			7:00 - 8:15pm				
Advanced 1	7:00 - 8:30pm	5:45 - 7:15pm		5:45 - 7:15pm		11:00 - 12:30pm	
				7:00 - 8:30pm			
Advanced 2	7:00 - 8:30pm	5:45 - 7:15pm		5:45 - 7:15pm		11:00 - 12:30pm	
				7:00 - 8:30pm			
Advanced 3		7:00 - 8:30pm	7:00 - 8:30pm	7:00 - 8:30pm			
Intermediate Tumbling				7:15 - 8:15pm			5:30 - 6:30pm
Advanced Tumbling				7:15 - 8:15pm			5:30 - 6:30pm