



Effective August 17, 2009- January 30, 2010

| Group                                 | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday        |
|---------------------------------------|-------------|-------------|-------------|-------------|-------------|-----------------|
| <b>Fundamental<br/>Grades 3 - 5</b>   | 5:45-6:45pm | 4:00-5:00pm | 5:45-6:45pm | 4:00-5:00pm | 5:45-6:45pm | 10:30-11:30am   |
| <b>Accelerated<br/>Grades 6 - 8</b>   | 4:00-5:30pm | 5:30-7:00pm | 4:00-5:30pm | 5:30-7:00pm | 4:00-5:30pm | 9:00-10:30am    |
| <b>Competitive<br/>Grades 9 - 12</b>  | 7:00-8:30pm | 5:15-6:45pm | 7:00-8:30pm | 5:15-6:45pm | 5:15-6:45pm | 9:00-10:30am    |
| <b>Competitive<br/>Extra Strength</b> | 8:30-9:00pm |             | 8:30-9:00pm |             |             |                 |
| <b>Adult Fitness</b>                  | 7:30-8:30pm | 7:30-8:30pm | 7:30-8:30pm | 7:30-8:30pm |             | 8:00-9:00am     |
| <b>Testing &amp;<br/>Assessment</b>   |             |             | 5:00-7:00pm |             |             | 10:45am-12:45pm |