

ALL-STAR WORK OUT SCHEDULE

FALL 2009-2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
LEVEL 1		5:30-7:00		5:30-7:00		9:00-10:30	4.5
LEVEL 2		6:30-8:00		6:30-8:00		9:00-10:30	4.5
LEVEL 3/4	6:30-8:30		6:30-8:30			10:30-12:30	6.5
LEVEL 5	6:30-8:30		6:30-8:30			12:30-2:30	6