20.5 Class Time Name Baile M Root M Baile M Baile M Baile M Baile M	
5:25 PM	Adventure MARDER
5:25 PM	
5:25 PM [1]	Arrive 15-20 minutes before the start of your heat.
5:25 PM	- Arrive 15-20 minutes before the start of your neat.
5:50 PM	
	-Warm-up on your own. Warm-up is posted on back board.
5:50 PM	
5:50 PM	- The coach will go over the movement standards prior to your heat start.
5:50 PM	
5:50 PM	- Every athlete is expected to judge the following heat.
6:15 PM	
6:15 PM	- It is the athletes responsibility to make sure they have all the equipment needed for the workout.
6:15 PM	
6:15 PM	- STAY AND SUPPORT TEAMMATES!!
6:15 PM	
6:40 PM	- CHEER EVERYONE ON
6:40 PM	

[1] Brenda