

Team & Pre-Team Workout Schedule
New Rates and Times Updated as of January of 2020

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Monthly Tuition Rate |
|-------------------------|-------------|-------------|--|-------------|-------------|--------------|--------------------------------------|
| National A | 3:30-7:30PM | 3:30-7:30PM | 3:30-6:30PM <i>(Optional Day for previous Level 7 and higher)</i> | 3:30-7:30PM | 3:30-7:30PM | OFF | \$140 for 5 Days \$120 for 4 Days |
| Nationals B | 4:00-8:00PM | 4:00-8:00PM | OFF | 4:00-8:00PM | 4:00-8:00PM | OFF | \$120 for 4 Days |
| Junior Nationals | 4:00-8:00PM | 4:00-8:00PM | OFF | 4:00-8:00PM | 4:00-8:00PM | OFF | \$120 |
| Mini Nationals | 4:00-7:30PM | OFF | 4:00-7:30PM | 4:00-7:30PM | OFF | OFF | \$93 |
| Level 3 | 4:00-7:00PM | OFF | 4:00-7:00PM | OFF | 4:00-7:00PM | OFF | \$73 |
| Level 2A | OFF | 5:30-7:30PM | 5:30-7:30PM | OFF | OFF | 9:00-11:00AM | \$63 |
| Level 2B | OFF | 5:30-7:30PM | 5:30-7:30PM | OFF | 5:30-7:30PM | OFF | \$63 |
| At the Top | OFF | 5:30-7:30PM | OFF | 5:30-7:30PM | OFF | OFF | \$53 |
| Mini Risers | OFF | 4:00-5:30pm | OFF | 4:00-5:30pm | OFF | OFF | \$40 |