

Irene School of Rhythmic Gymnastics 2018-2019

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2018-2019 Class Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Hours |
|-------------------------|--------------|-------------|--------------|--------------|-------------|---------------|-------|
| ISRG Team | | | | | | | |
| Preteam | Off | 5:30-7:00pm | Off | 4:30-6:00 pm | Off | Off | |
| Rhythmic Xcel | Off | Off | 5:30-7:30pm | 5:30-7:30pm | Off | Off | |
| Stretching Class | Off | 7:30-9:00pm | Off | 7:30-9:00pm | Off | Off | |
| Yoga (for moms) | Off | 7:30-8:30pm | Off | 7:30-8:30 pm | | Off | |
| Competitive team | | | | | | | |
| Level 3 | 4:00-6:30 pm | Off | 4:00-6:30 pm | Off | 4:00-6:00pm | Off | 7 |
| Level 3 elite | Off | 3:30-6:30pm | 4:00-7:00pm | 3:30-6:30pm | 3:30-6:30pm | Off | 12 |
| Level 4 | Off | 3:30-6:30pm | 4:00-7:00pm | 3:30-6:30pm | 3:30-6:30pm | Off | 12 |
| Level 5 | 3:30-6:30pm | 3:30-6:30pm | Off | Off | 3:30-6:30pm | 8:00-11:00 am | 12 |
| Level 6 | 5:30-8:30pm | 5:00-9:00pm | 5:00-9:00pm | Off | 5:00-8:00pm | 8:00-12:00 am | 18 |
| Level 7,8,9,10 | 5:00-9:00pm | 5:00-9:00pm | 5:00-9:00pm | 5:00-9:00pm | 5:00-9:00pm | 11:00-3:00pm | 24 |

