

Irene School of Rhythmic Gymnastics

74 Icon, Foothill Ranch, CA, 92610

Phone: (844) 879-4774

Email: OCRhythmic@gmail.com

Schedule Effective March, 2019

| Group / Level | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|---------------|---------------|---------------|---------------|---------------|-----------------|
| Competitive Teams | | | | | | |
| Junior Olympics Beginners | 5:00 - 6:30pm | 5:00 - 6:30pm | 5:00 - 6:30pm | OFF | 5:00 - 6:30pm | OFF |
| Rhythmic X-cel | 4:30 - 6:30pm | OFF | 4:30 - 6:30pm | OFF | OFF | OFF |
| Level 3 | 4:00 - 6:30pm | OFF | 4:00 - 6:30pm | OFF | 4:00 - 6:00pm | Off |
| Level 3 Elite | OFF | 3:30 - 6:30pm | 4:00 - 7:00pm | 3:30 - 6:30pm | 3:30 - 6:30pm | OFF |
| Level 4 | OFF | 3:30 - 6:30pm | 4:00 - 7:00pm | 3:30 - 6:30pm | 3:30 - 6:30pm | OFF |
| Level 5 | 5:00 - 8:00pm | 5:00 - 8:00pm | OFF | OFF | 5:00 - 8:00pm | 8:00 - 11:00am |
| Level 6 | 5:00 - 8:30pm | 5:00 - 9:00pm | 5:00 - 9:00pm | OFF | 5:00 - 8:00pm | 8:00 - 12:00pm |
| Levels 7-9 | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | 8:00 - 12:00pm |
| Non-competitive Teams | | | | | | |
| Pre-team | OFF | 5:30 - 7:00pm | OFF | 4:30 - 6:00pm | OFF | 12:00 - 1:30 pm |
| Rhythmic Stretch Class | OFF | 7:30 - 9:00pm | OFF | 7:30 - 9:00pm | OFF | OFF |
| Yoga (for moms) | Off | 7:30 - 8:30pm | OFF | 7:30 - 8:30pm | OFF | OFF |