

Irene School of Rhythmic Gymnastics

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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
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 X-cel	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 - 8:30pm	OFF	OFF