

Sample Schedule
Elementary

Time	Example 1	Example 2	Example 3	Example 4	Example 5	Example 6
7:30 - 7:40	Group 1	Group 1				
7:40 - 7:50	7:30 Start up	7:30 Start up				
7:50 - 8:00	7:35-9:15	7:35-8:15				
8:00 - 8:10	5 exercises	2 exercises		Group 1		
8:10 - 8:20			Group 1	8:00 Start up		
8:20 - 8:30			8:10 Start up	8:05-9:05	Group 1	Group 1
8:30 - 8:40			8:15-8:55	3 exercises	8:20 Start up	8:20 Start up
8:40 - 8:50			2 exercises		8:25-10:05	8:25-10:05
8:50 - 9:00					5 exercises	5 exercises
9:00 - 9:10						
9:10 - 9:20				Group 2		
9:20 - 9:30				9:10 Start up		
9:30 - 9:40				9:15-10:15		
9:40 - 9:50				3 exercises		
9:50 - 10:00						
10:00 - 10:10						
10:10 - 10:20					Group 2	Group 2
10:20 - 10:30				Group 3	10:10 Start up	10:10 Start up
10:30 - 10:40				10:20 Start up	10:15-11:55	10:15-11:15
10:40 - 10:50				10:25-11:25	5 exercises	3 exercises
10:50 - 11:00				3 exercises		
11:00 - 11:10						
11:10 - 11:20						
11:20 - 11:30						Lunch
11:30 - 11:40				Lunch		for coaches
11:40 - 11:50				for coaches		
11:50 - 12:00						
12:00 - 12:10					Lunch	Group 2
12:10 - 12:20				Group 1	for coaches	12:00 Start up
12:20 - 12:30				12:10 Start up		12:05-12:45
12:30 - 12:40				12:15-12:55		2 exercises
12:40 - 12:50				2 exercises	Group 3	
12:50 - 1:00					12:40 Start up	Group 3
1:00 - 1:10				Group 2	12:45-2:25	12:50 Start up
1:10 - 1:20				1:00 Start up	5 exercises	12:50-2:35
1:20 - 1:30				1:05-1:45		5 exercises
1:30 - 1:40				2 exercises		
1:40 - 1:50						
1:50 - 2:00				Group 3		
2:00 - 2:10				1:50 Start up		
2:10 - 2:20				1:55-2:35		
2:20 - 2:30				2 exercises		
2:30 - 2:40	Group 2		Group 2			
2:40 - 2:50	2:30 Start up		2:30 Start up			
2:50 - 3:00	2:35-4:15		2:35-3:35			
3:00 - 3:10	5 exercises	Group 1	3 exercises			
3:10 - 3:20		3:00 Start up				
3:20 - 3:30		3:05-4:05				
3:30 - 3:40		3 exercises				
3:40 - 3:50						
3:50 - 4:00						
4:00 - 4:10						
4:10 - 4:20						
4:20 - 4:30						
4:30 - 4:40						