

2014 Summer Girls Workout Breakdown

Workout A (Second Level 6's – Level 9's)

Monday - Thursday (8:00am – 12:00pm) & Friday (1:30pm – 5:30pm)

Maria A	Myriah T	Rachel S	Caroline M
Margaret C	Clare A	Bella V	Rachel B
Celia G	Leah B	Taylor A	Michelle
Melanie S	Sarah C	Alyssa C	Samara
Martina G	Natasha B	Courtney C	Brooke H
Alyssa G	Lauren M	Portia D	Lindsey P
Gaby M	Dinah M	Jessica K	

Workout "B" (Level 4's – 1st year 6's)

Monday - Thursday (11:30am – 3:00pm) & Friday (10:30am – 2:00pm)

Eva R	Izzy G	Isabella L	Shyanne H
Riley S	Courtney L	Mia M	Jamie K
Mariana S	Maya Marston	Jaiden N	Jessica S
Ashley V	Hannah E	Grace P	Kasey L
Hailey H	Helen G	Bella R	Alex C

Workout "C2" (Level 2's Training Level 3)

Monday, Wednesday & Thursday (12:00pm – 3:00pm)

Aoki L.	Carly K	Paige P	Samantha S
Jaylee C	Meggan M	Bella P	Gabi Schwartz
Daphne D	Valeria M	Mariana R	Madi Schwartz
Jessie G.	Savanna N	Mya R	Kelsey V
Francesca			

Workout "C3" (Level 3's Training Level 4 – Amy & Alex's Gymnasts)

Monday, Tuesday, Wednesday & Thursday (12:00pm – 3:00pm)

Cara B	Amanda C	Chiara M	Amy S
Harmony C	Valerie L	Sydney N	Jackie V
Kristin W			

Workout "D" (Level 3's Training Level 4 – Kathy & Jayme's Gymnasts)

Monday, Tuesday, Wednesday & Thursday (2:30pm – 5:30pm)

Emma A	Delanie G	Jessica K	Maegan S
Kayla D	Andrea G	Cassidy R	Kathryn T
Sophie E	Amanda H	Lauren S	Mia Whitton
Paige Yam			

Workout "E" (Level 1's Training Level 2)

Monday, Wednesday & Thursday (3:00pm – 6:00pm)

Erin B	Myla F	Mia P	Maxine T
Olivia C	Sophie G	Danielle R	Natalie V
Peyton E	Katelynn H	Madeline S	Amanda W
Savanna F	Emma N	Gwendolyn T	Alexa Y
Neela N	Sofia Benitez		

Please let us know if anyone is missing from our list.

We will not be able to make accommodate any changes to the summer workout schedules.