

# FALL/WINTER/SPRING 2022-23

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
4:30 - 5:30	Masters			Masters		9:00 - 9:45	Preschool
4:45 - 5:30	Parent/Tot	Preschool	Preschool	Preschool	Nano		Nano
	Nano	Nano	Nano	Novice	Novice		Novice
	Novice	Novice	Novice	Power		9:45 - 10:30	Nano
4:45 - 5:45					Masters 1		Novice
5:15 - 6:15			Mini Masters				Power
5:30 - 6:15	Preschool	Preschool	Nano	Preschool	Preschool	10:30 - 11:15	Nano
	Nano	Nano	Novice	Nano	Novice		Novice
	Novice	Novice	Power	Novice			Power
	Power	Power		Power		11:15 - 12:00	Novice
5:45 - 6:45					Masters 2	11:15 - 12:15	Mini Masters
6:15 - 7:00	Nano	Nano	Nano	Nano	Preschool/Nano Make Up Class		Masters
	Novice	Novice	Novice	Novice	Novice/Power Make Up Class		
			Power				
6:15 - 7:15	Masters	Mini Masters	Masters 1	Mini Masters			
		Masters		Masters 1			
7:00 - 7:45	Novice	Novice	Novice	Novice			
	Power	Power		Power			
7:15 - 8:15	Advanced Course Training	Advanced Course Training	Masters 2	Masters 2			

\*Highlighted classes are advanced hour long classes by coach recommendation only and cannot be registered for online

