

Team Schedule

Monday		
Level 4	(All members)	4:00-6:45 pm
Level 5		4:00-8:00 pm
Level 6,7,8, Gold, Platinum	(4x and 5x/wk members)	4:00-8:00 pm
Saturn Level 6 & up	(4x/wk members)	6:00-9:00 pm
Tuesday		
TOPS	(2x/wk members)	6:00-8:00 am
Bronze I		4:00-6:45pm
Bronze II & Silver	(All members)	4:00-8:00 pm
Level 6,7,8, Gold, Platinum	(3x, 4x, & 5x/wk members)	4:00-8:00 pm
Saturn Level 5 & up	(All members)	5:15-8:30 pm
Wednesday		
Level 3		4:00-6:15 pm
Level 5		4:00-7:45 pm
Thursday		
Level 6,7,8, Gold, Platinum	(All members)	4:00-7:45 pm
Saturn Level 4		6:30-8:30 pm
Saturn Level 5 & up	(All members)	5:15-8:30 pm
Friday		
Level 4	(3x/wk members)	4:00-6:45 pm
Bronze I		4:00-6:45 pm
Bronze II & Silver	(3x/wk members)	4:00-6:45 pm
Level 7, 8, & Platinum	(5x/wk members)	4:00-6:45 pm
Saturday		
TOPS	(1x & 2x/wk members)	7:00-9:00 am
Level 3		1:00-3:30 pm
Level 4	(All members)	11:45 am - 3:30 pm
Level 5		9:30 am - 1:15 pm
Level 6,7,8, Gold, Platinum	(All members)	9:30 am - 1:15 pm
Bronze II & Silver	(All members)	12:45-3:30 pm
Saturn Level 4		1:00-3:30 pm
Saturn Level 5 & up	(All members)	9:15 am-12:45

July 2010

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Emeth is CLOSED July 11th - 17th

All Team members who pay in full this month receive a FREE 5-pack of open gym passes!

Team Members are welcome to register for our July summer camp, "Wild, Wild West", For more training towards your team skills!

Wild, Wild West camp is July 26th - 30th From 9:00-3:00 each day!