

Please see the websites for more detailed class information -
 Contact the instructors directly if you need further assistance.
 Ronda can be contacted at adchtack@gmail.com
 Elizabeth can be reached at agilebc4me@gmail.com

Contact instructors directly to inquire and/or schedule private sessions

	Monday	Tuesday	Wednesday	Thursday
		RHONDA ELIZABETH	RHONDA ELIZABETH	ELIZABETH
7:45 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:15 AM				
9:30 AM				
9:45 AM				
10:00 AM				
10:15 AM				
10:30 AM				
10:45 AM				
11:00 AM				
11:15 AM				
11:30 AM				
11:45 AM				
12:00 PM				
12:30 PM				
1:15 PM				
3:00 PM	Available for Private Lessons		Available for Private Lessons	
4:00 PM		Available for Private Lessons	3:00 - 4:30	
5:00 PM	3:00 - 6:00	3:00 - 6:00		
5:15 PM				
5:30 PM				
5:45 PM				
6:00 PM				
6:15 PM				
6:30 PM	Competition Basic			
6:45 PM	6:30 - 7:45/ 4 week Session			
7:00 PM	Oct 17, 24, 31, Nov 7			
7:15 PM				
7:30 PM				
7:45 PM				
8:00 PM	Pre-Competition	Masters Competition - Walk In		
8:15 PM	8:00-9:15/ 4 week session	8:00 - 9:15		
8:30 PM	Oct 24, 31, Nov 7, 14	All Tuesdays that other classes are taking place		
8:45 PM				
9:00 PM				
9:15 PM				
9:30 PM				