

Date:

8:00 am – 9:00 am: Before care
9:00am – 9:15 am: Announcements
9:15am - 9:30am: Warm up:



9:30am – 12:00pm: Morning Rotation:

1.	
2.	
3.	
4.	
5.	

12:00pm -1:00pm: Lunch
1:00pm – 2:00 pm: Low Intensity:

2:00pm – 4:15pm: Afternoon Rotation:

1.	
2.	
3.	
4.	
5.	

4:30pm - 5:30pm: After care