

RHYTHMIC BOOT CAMP SCHEDULE WEEK 1

July 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Cardio Warm-up "Americanka" with Rope	Weight Warm-up	Cardio Warm-up	Weight warm-up	SUPER Friday Combo Warm-up
10:00-10:15	Stretching	Stretching	Stretching	Stretching	Stretching
10:15-11:00	Body technique: Jumps	Body technique: Turns	Body technique: Flexibility	Body technique: Balance	Body technique: Masters
11:00-12:00	Apparatus technique Rope	Apparatus technique Clubs	Apparatus technique Ball	Apparatus technique Ribbon	Apparatus technique for group & teamwork Group work
12:00-13:00	Lunch	Lunch	Lunch	Lunch	Lunch
13:00-14:30	Dance Ballet	Dance Jazz	Dance Ballet	Dance Contemporary	Dance Latin
14:45-15:00	Daily special	Daily special	Daily special	Daily special	Daily special
15:15-16:00	Strength Conditioning Tribe division	Endurance Conditioning First challenge	Strength Conditioning Second challenge	Endurance Conditioning Third challenge	Intense!!! Conditioning Fourth Challenge

RHYTHMIC BOOT CAMP SCHEDULE WEEK 2

July 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Cardio Warm-up	Weight Warm-up	Cardio Warm-up "Americanka" with Rope	Weight warm-up	SUPER Friday Combo Warm-up
10:00-10:15	Stretching	Stretching	Stretching	Stretching	Stretching
10:15-11:00	Body technique: Balance	Body technique: Flexibility	Body technique: Turns	Body technique: Jumps	Body technique: Masters
11:00-12:00	Apparatus technique Ribbon	Apparatus technique Clubs	Apparatus technique Hoop	Apparatus technique Ball	Apparatus technique for group & teamwork Group work
12:00-13:00	Lunch	Lunch	Lunch	Lunch	Lunch
13:00-14:30	Dance Ballet	Dance Samba	Dance Hip-Hop	Dance Ballet	Dance Improv
14:45-15:00	Daily special	Daily special	Daily special	Daily special	Daily special
15:15-16:00	Strength Conditioning Tribe division	Endurance Conditioning First challenge	Strength Conditioning Second challenge	Endurance Conditioning Third challenge	Intense!!! Conditioning Fourth Challenge

RHYTHMIC BOOT CAMP SCHEDULE WEEK 3 (POSSIBLY)

July 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Cardio Warm-up "Americanka" with Rope	Weight Warm-up	Cardio Warm-up	Weight warm-up	SUPER Friday Combo Warm-up
10:00-10:15	Stretching	Stretching	Stretching	Stretching	Stretching
10:15-11:00	Body technique: Balance	Body technique: Jumps	Body technique: Flexibility	Body technique: Turns	Body technique: Masters
11:00-12:00	Apparatus technique Ball	Apparatus technique Ribbon	Apparatus technique Rope	Apparatus technique Hoop	Apparatus technique for group & teamwork Group work
12:00-13:00	Lunch	Lunch	Lunch	Lunch	Lunch
13:00-14:30	Dance Contemporary	Dance Ballet	Dance Latin	Dance Jazz	Dance Improv
14:45-15:00	Daily special	Daily special	Daily special	Daily special	Daily special
15:15-16:00	Strength Conditioning Tribe division	Endurance Conditioning First challenge	Strength Conditioning Second challenge	Endurance Conditioning Third challenge	Intense!!! Conditioning Fourth Challenge

-There will be 15-minute breaks in the first and second half of training

-Bring your own lunch, snacks and LOTS of water. Extended care will be available for an extra cost