

# MONDAY



Miss Susan

Miss Nicole

Miss Natalie

Mr. Stout

Collaboration

Miss

Studio

A

B

C

4:30-5:00

*Solos*

5:00-5:30

*Boots & Boys*

5:30-6:00

*Hallelujah*

6:00-6:30

*Work*

6:30-7:00

Stretching  
&

7:00-7:30

Conditioning

7:30-8:00