

9:00 AM

Stretch & Conditioning

9:45 AM

Walkover Technique

10:15 AM

Snack

10:30 AM

Tumbling Drills & Shaping

11:15 AM

Aerial Drills & Formation

12:00 PM

Lunch

1:00 PM

Stretch & Conditioning

1:30 PM

Balances & Variations

2:00 PM

Tumbling Circuits

2:45 PM

Snack

3:00 PM

Aerial Circuits

3:30 PM

Jumps and Turns Technique

4:00 PM

Team Building

Camp Day Schedule
