

9:00 AM Stretch & Conditioning

9:45 AM Walkovers Technique

10:15 AM Snack

10:30 AM Tumbling Drills & Shaping

11:15 AM Aerials 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

2:45 PM Aerials Circuits

3:30 PM Technique Building

4:00 PM Team Building

Camp Day Schedule
