

Region 4 Training Camp - Wisconsin

Location:

LaFleur's Gymnastics
(New Gym)
W189 N10991 Kleinmann Dr.
Germantown, WI 53022
Phone: (262) 255-9700

Time Schedule:

Friday

6:00 PM - 8:00 PM	120	Open Workout
7:45 PM - 8:00 PM	15	Staff Meeting

Saturday

11:30 AM - 12:00 PM	30	Warm-up
12:00 PM - 1:00 PM	60	Rotation 1
1:00 PM - 2:00 PM	60	Rotation 2
2:00 PM - 3:00 PM	60	Rotation 3
3:00 PM - 4:15 PM	75	Lunch
4:15 PM - 4:30 PM	15	Warm-up
4:30 PM - 5:30 PM	60	Rotation 4
5:30 PM - 6:30 PM	60	Rotation 5
6:30 PM - 7:30 PM	60	Open Workout

Sunday

9:00 AM - 9:30 AM	30	Warm-up
9:30 AM - 10:00 AM	30	Rotation 1
10:00 AM - 10:30 AM	30	Rotation 2
10:30 AM - 11:00 AM	30	Rotation 3
11:00 AM - 11:30 AM	30	Rotation 4
11:30 AM - 12:00 PM	30	Rotation 5
12:00 PM - 1:00 PM	60	Open Workout