



7:00 a.m. - 6:30 p.m.

Ages: **281-480-5636 (Active) 281-480-5626 (Gym)** Licensed by the
 5 – 14 Years **www.lobogymnastics.com** State of Texas

MONDAY

**Gymnastics
Tumbling
Cheerleading**

TIME	ACTIVITY
	TUMBLING
9:15-9:45	Group A
9:45-10:15	Group B
10:15-10:45	Group C
	CHEERLEADING
9:15-9:45	Group C
9:45-10:15	Group A
10:15-10:45	Group B
	OPEN GYM
1:00-2:00	Group B
2:00-3:00	Group A
3:00-4:00	Group C
	GYMNASISTICS
1:00-2:00	Group A
2:00-3:00	Group C
3:00-4:00	Group B

TUESDAY

**Field Trip Group A
Rope Swing Bar Pit
Tennis Skills**

TIME	ACTIVITY
	ROPE SWING
9:00-9:45	Group B
9:45-10:30	Group C
	SCOOTERS
9:00-9:45	Group C
9:45-10:30	Group B
	PIT BAR
10:30-11:30	Group B & C Switch
	KID FIT
1:00-1:45	Group C
1:45-2:30	Group B
2:30-3:15	Group A
	TENNIS SKILLS
1:00-1:45	Group A
1:45-2:30	Group C
2:30-3:15	Group B

WEDNESDAY

**Field Trip Group B
Cardio Fitness Scooters
Basketball Skills**

TIME	ACTIVITY
	CARDIO FITNESS
9:00-9:45	Group A
9:45-10:30	Group C
	SCOOTERS
9:00-9:45	Group C
10:30-11:15	Group A
	GAMES
1:00-1:45	Group C
1:45-2:30	Group B
2:30-3:15	Group A
	BASKETBALL SKILLS
1:00-1:45	Group A
1:45-2:30	Group C
2:30-3:15	Group B

**Tennis Shoes &
Elastic Waist
Shorts Daily**

THURSDAY

**Field Trip Group C
Upstairs Open Gym
Dance Kid Fit
Volleyball Skills**

TIME	ACTIVITY
	DANCE
9:30-10:00	Girls
10:30-11:00	Boys
	UPSTAIRS GYM
9:30-10:00	Boys
10:30-11:00	Girls
	KID FIT
1:00-2:00	Group B
2:00-3:00	Group C
3:00-4:00	Group A
	VOLLEYBALL SKILLS
1:00-2:00	Group A
2:00-3:00	Group B
3:00-4:00	Group C

**Group A: 5-6 Years
Group B: 7-8 Years
Group C: 9-12 Years
Jr. Coaches: 13+**

FRIDAY

**ALL Groups
Swimming
Kickboxing
Open Gym**

TIME	ACTIVITY
8:45-9:00	Begin leaving for pool
9:00-11:00	SWIMMING POOL
11:00-12:00	Lunch at Park
12:30-1:00	Transport back to active Change clothes & relax
	KICKBOXING
1:00-2:00	Group B
2:00-3:00	Group C
3:00-4:00	Group A
	OPEN GYM
1:00-2:00	Group C
2:00-3:00	Group A
3:00-4:00	Group B

**Snacks
9:00 – 10:00 am
2:45 – 3:45 pm**

**Lunch
Group A 11:30-12:00
Group B 11:45-12:15
Group C 12:00-12:30**

Before and after specialty classes, the coaches will rotate the groups to all areas of the sports-plex listed on the back of this sheet. All events, field trips, and times are subject to change with the needs of the program. Any changes will be posted.