

### REGION 5 Athlete Clinic

Saturday, January 2, 2010				
Start Time	End Time	Groups	Activity	Room
1:00 PM	8:00 PM	<b>Athletes</b>	<b>Training - Group A (Levels 4 - Elite)</b>	Gym
1:00 PM	1:50 PM	Group B	Warm-up	Gym
1:50 PM	2:00 PM	Group B	Basic Body Shapes - Conditioning (Balance)	Gym
2:00 PM	2:45 PM	Group B	Balance	Gym
2:45 PM	3:00 PM	Group B	Break	Gym
3:00 PM	3:45 PM	Group B	Dynamic	Gym
3:45 PM	4:00 PM	Group B	Break	Gym
4:00 PM	4:30 PM	Group B	Handstand Work	Gym
4:30 AM	5:15 PM	Group B	Individual Skills	Gym
5:15 PM	6:00 PM	Group B	Dynamic	Gym
6:00 PM	8:00 PM			