



2022-2023 Rhythmic Team School Year Schedule

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hrs
Xcel A		6:30-8:30					4:00-6:00	4
Xcel B		6:30-8:30				12:30-2:30	4:00-6:00	6
L3	4:30-6:30	4:30-6:30				1:00-3:00		6
L4 A		4:30-6:30		4:30-6:30		2:30-4:30	1:00-3:00	8
L4 B	4:30-6:30		4:30-6:30		4:30-6:30		12:00-2:00	8
L5	4:30-6:30		4:30-7:30		4:30-7:30		12:00-2:00	10
Xcel C-D		4:00-6:30	4:30-7:30		5:30-8:00			8
L6	5:00-9:00		4:30-8:30	4:30-8:30		10:00-2:00		16
L7	5:00-9:00		4:30-8:30	4:30-8:30		10:00-2:00		16
L8-9	5:00-9:00	4:00-8:30		4:00-8:30	3:30-8:00	8:30-12:30		22

*Begins August 15