

EXAMPLE PRIVATE SCHEDULE

Day 1	Activity	Instructor
9:00 AM	Intro / Warm-up	ADA TEAM
9:30 AM	Technique Class	ADA TEAM
10:00 AM	Specialty Class	ADA TEAM
11:00 AM	Learn Routine # 1	ADA TEAM
12:30 PM	Lunch	On Own
1:15 PM	Team Building	ADA TEAM
2:00 PM	Learn Routine # 2	ADA TEAM
3:30 PM	Circle Time/Cool Down	ADA TEAM
4:00 PM	Dismissal	ADA TEAM

Day 2	Activity	Instructor
9:00 AM	Intro + Warm - up	ADA TEAM
9:30 AM	Technique	ADA TEAM
10:00 AM	Learn Routine # 3	ADA TEAM
11:30 AM	Review Routine 1 + 2	ADA TEAM
12:00 PM	Lunch	On Own
12:45 PM	Mindset Skills Seminar	ADA TEAM
1:15 PM	Specialty Class	ADA TEAM
2:15 PM	Team Bonding	ADA TEAM
3:00 PM	Evaluations + Awards	ADA TEAM
4:00 PM	Dismissal	ADA TEAM

Specialty Classes Include *(Based on the teams needs)*

Kicks/Leaps Combo Class

Turn Combo Class

Strength/Conditioning

Team Lifts/Tricks

Acro and more