



October 2014 Training Plan

<u>Wednesday 1st -</u>	6:00-7:30 Basic & Military, BBTF Solo Dance, Poms, 7:30-9:00 Solo's, BBTF Solo Dance, Dance Teams, Poms, Formation Corp
<u>Tuesday 7th -</u>	6:00-7:30 Basic & Military, Solo's, X-Strut, Poms 7:00-9:00 X-Strut, 2-Baton, Duets, Team Twirl, Poms, Formation Corp
<u>Wednesday 8th -</u>	6:00-7:30 X-Strut, Solo's, BBTF Solo Dance, Poms, 7:30-9:00 Solo's, BBTF Solo Dance, Dance Teams, Basic & Military
<u>Tuesday 14th -</u>	6:00-7:30 T-Strut, IBTA Solo Dance, Poms, Basic & Military 7:00-9:00 Formation Corp?, IBTA Solo Dance, T-Strut, Duets
<u>Wednesday 15th -</u>	6:00-7:30 Basic & Military, T-Strut, IBTA Solo Dance, Tricks 7:30-9:00 T-Strut, IBTA Solo Dance, Dance Team, Tricks
<u>Tuesday 21st -</u>	6:00-7:30 Solo's, T-Strut, IBTA Solo Dance, Pair Work 7:00-9:00 T-Strut, IBTA Solo Dance, Solo's Pair work
<u>Wednesday 22nd -</u>	6:00-7:30 Basic & Military, Poms, IBTA Solo Dance, T-Strut 7:30-9:00 Basic & Military, IBTA Solo Dance, Poms, Dance Teams
<u>Tuesday 28th -</u>	6:00-7:30 Solos, Poms, T-Strut, Formation Corp? 7:00-9:00 Formation Corp?, Poms, Team Twirls?, IBTA Solo Dance
<u>Wednesday 29th -</u>	6:00-7:30 Team work, Dance & Body Work, IBTA Solo Dance 7:30-9:00 Dance & Body Work, IBTA Solo Dance, Team work