



## **September 2014 Training Plan**

<u>Tuesday 2nd -</u>	6:00-7:30 Solo's, Solo Dance, Basic & Military, Dance Teams, Poms, Formation Corp 7:30-9:00 Solo's, Solo Dance, Dance Teams, Poms, Formation Corp
<u>Wednesday 3rd -</u>	6:00-7:30 X-Strut, Basic & Military, Poms, Formation Corp, 7:00-9:00 X-Strut, Duets, 2-Baton, Team Twirl, Poms
<u>Tuesday 9th -</u>	6:00-7:30 X-Strut, Solo's, Basic & Military, Poms, Dance Team 7:30-9:00 X-Strut, 2-Baton, Duets, Team Twirl, Poms, Formation Corp
<u>Wednesday 10th -</u>	6:00-7:30 Solo Dance, Solo's, Basic & Military, Poms 7:00-9:00 Basic & Military, Solo's, Solo Dance, Dance Team, Tricks
<u>Tuesday 16th -</u>	6:00-7:30 Solo's, Solo Dance, Basic & Military, Dance Teams, Poms, Formation Corp 7:30-9:00 Solo's, Solo Dance, Dance Teams, Poms, Formation Corp
<u>Wednesday 17th -</u>	6:00-7:30 X-Strut, Basic & Military, Poms, Formation Corp, IBTA Exams, 7:00-9:00 X-Strut, Duets, 2-Baton, Team Twirl, Poms, IBTA Exams,
<u>Tuesday 23rd -</u>	6:00-7:30 X-Strut, Solos, Poms, Basic & Military, Dance Team, Formation Corp 7:30-9:00 X-Strut, 2-Baton, Duets, Dance Teams, Formation Corp, Poms
<u>Wednesday 24th -</u>	6:00-7:30 Solo's, Solo Dance, Basic & Military, Poms, 7:00-9:00 Basic & Military, Solo Dance, Solo's, Team Twirl, Formation Corp,
<u>Tuesday 30th -</u>	6:00-7:30 X-Strut, Solo's, Poms, Dance Team 7:30-9:00 T-strut! X-Strut, 2-Baton, Duets, Poms, Dance Team, Formation Corp