



Whole Group

___ min	Warm Up / Stretching
___ min	_____
___ min	_____
___ min	_____
___ min	_____
___ min	_____
___ min	_____

Stations

___ min	_____
___ min	_____
___ min	_____
___ min	_____
___ min	_____
___ min	_____
___ min	_____

Finale

5 min	Practice review
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