

2023 - 2024 Rhythmic Schedule

Group name/ Athletes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ODP/IC (9hrs) Kenzie, Alzain, Sherifa, Jessica, Lisa, Tonia, Eloise, Vera, Charlotte, Mataya				1:30-4:30 Lyuda		5:00-8:00 Mainway Lyuda	12:00 – 3:00 Kenzy Lyuda
IC-2 (12 hrs) Sophia, Mira, Isabelle, Mariia, Natalie, Chloe				4:30-8:30 Lyuda		12:30 – 4:30 Lyuda	8:00 – 12:00 Lyuda
PR/IC-1(12-16 hrs) Alisa, Bella, Sheryl, Camille, Alexa, Elise, Melody, Sofia	11:00 – 3:00 Masha 11 – 12 Ballet Diane	4:30 – 8:30 (Alisa,Bella)	4:30 – 8:30 Masha		12:30- 4:30 Masha Lyuda		
Nat (20 hrs) Cynthia, Cindy, Abby, Veronica, Vlada	8:00 – 12:00 Masha 11 – 12 Ballet Diane	4:30- 8:30 Masha	12:30 – 4:30 Masha		4:30-8:30 Masha	4:30 – 8:30 Masha	