

**Gymfest Workshop Schedule**  
**9:00 AM - 5:15 PM**

**May 15, 2010**

<b>Name of Workshop</b>	<b>9:00 - 10:00 am</b>	<b>10:15 - 11:15 am</b>	<b>Lunch 11:15 – 12:30p m</b>	<b>12:30 - 1:30 pm</b>	<b>1:45 – 2:45pm</b>	<b>3:00-4:00pm</b>	<b>MASS ROUTINE 4:15-5:15pm MAIN GYM</b>
<b>Polynesian</b> <i>(Taya)</i> 7-122	Phoenix (11) La Crete (14)	Altadore Gr 2 (23)		Alpha Rhythmic (22)	Champions (8) Salto (15)	Gymtastics (10)	Mandatory Rehearsal for <u><b>ALL</b></u> participating clubs
<b>Survivor</b> <i>(Scott)</i> 8-211	Altadore Gr 1 (11) U of L (9) Ortona Gr 2 (9)	La Crete (14) Splitz (14)		Phoenix (11) NEGC (14)	Red Deer Gr 1 (19) Elena's (14)	Red Deer Gr 2 (19) Stampede City (14)	
<b>Zumba</b> <i>(Karen)</i> 7-146	Red Deer Gr 1 (19) Splitz (14)	Altadore Gr 1 (11) Red Deer Gr 2 (19)		La Crete (14) Elena's (14)	Gymtastics (10) Phoenix (11)	Alpha Rhythmic (22) Champions (8)	
<b>Hoopng</b> <i>(Farren)</i> 7-142	Altadore Gr 2 (23)	Royal Glenora (13) Champions (8)		Salto (15) Splitz (14)	Alpha Rhythmic (22) U of L (9)	Ortona Gr 1 (12) NEGC (14)	
<b>Wally Ball</b> <i>Squash Courts</i>	Red Deer Gr 2 (19)	U of L (9) Ortona Gr 1 (12)		Red Deer Gr 1 (19)	Stampede City (14) NEGC (14)	Salto (15)	
<b>Sand Castle</b> <i>(Clive)</i> Main Gym	Royal Glenora (13)	Stampede City (14)		Ortona Gr 2 (9)	Ortona Gr 1 (12)	Elena's (14)	