GYMNASTICS LESSON PLAN TEMPLATE

17				1	2 Upper body card game	3
Core	5 lower body Dice Roll Game	6 private lesson 600pm	7 Upperbody Dice Roll Came	8 social media post	9 Core	10
overbody ordgane	12 Upperbody	13 Recordinate	14 Core	15	16 loverbody leotard Pradline	17
Upperbody	19 Core Dice Roll Game	20 social media post	21 lowerbody	22	23 Upper body	24
Core	26 Lower body	27	28 Upper body	29 Team bonding- night	30 Core	31 social ma

TO DO:

- look at warm-upjackets
- brainstorm new drills for lift on yurchenko
- set up parent meeting for Angie
- send out parent newsletter
- finish coaching development
- book hotel for first meet
- cut Maria's floor music

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