

# ANNUAL SKILLS SCHEDULE FOR IN GYM GST CLASSES

## Q1

**JULY:** Tues: MN/sPL  
Thurs: RC/HBP  
Fri: MN/sPL  
Sat: FL/SL

**AUGUST:** Tues: RC/HBP  
Thurs: FL/SL  
Fri: RC/HBP  
Sat: MN/sPL

**SEPTEMBER:** Tues: FL/SL  
Thurs: MN/sPL  
Fri: FL/SL  
Sat: RC/HBP

## Q2

**OCTOBER:** Tues: HBP/MN  
Thurs: FL/RC  
Fri: HBP/MN  
Sat: SL/sPL

**NOVEMBER:** Tues: SL/sPL  
Thurs: HBP/MN  
Fri: SL/sPL  
Sat: FL/RC

**DECEMBER:** Tues: FL/RC  
Thurs: SL/sPL  
Fri: FL/RC  
Sat: HBP/MN

## Q3

**JANUARY:** Tues: MN/HBP  
Thurs: SL/RC  
Fri: MN/HBP  
Sat: FL/sPL

**FEBRUARY:** Tues: SL/RC  
Thurs: FL/sPL  
Fri: SL/RC  
Sat: MN/HBP

**MARCH:** Tues: FL/sPL  
Thurs: MN/HBP  
Fri: FL/sPL  
Sat: SL/RC

## Q4

**APRIL:** Tues: MN/FL  
Thurs: sPL/RC  
Fri: MN/FL  
Sat: SL/HBP

**MAY:** Tues: sPL/RC  
Thurs: SL/HBP  
Fri: sPL/RC  
Sat: MN/FL

**JUNE:** Tues: SL/HBP  
Thurs: MN/FL  
Fri: SL/HBP  
Sat: sPL/RC

# BI-ANNUAL SKILLS SCHEDULE FOR LIVESTREAM GST CLASSES

## MONTH 1: JULY/JANUARY

FL / SL / sPL

## MONTH 2: AUGUST/FEBRUARY

MN / HBP / RC

## MONTH 3: SEPTEMBER/MARCH

FL / RC / HBP

## MONTH 4: OCTOBER/APRIL

MN / sPL / SL

## MONTH 5: NOVEMBER/MAY

SL / RC / sPL

## MONTH 6: DECEMBER/JUNE

HBP / FL / MN

Rope Climb = RC

Side Lever = SL

Front Lever = FL

Straddle Planchè = sPL

Manna = MN

Hollow Back Press = HBP

\* Single Leg Squat will be taught in Lower Body Strength & Mobility for both Livestream & In Gym Classes