



WINTER SCHEDULE



ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED
SCHEDULE BEGINS 12/1

Monday

Kickovers & Walkovers 5:45pm

Jumps & Conditioning 6:30pm (30 min)

Tumble Basics 7:15pm

Tuesday

Flyer Class 4:00pm (30 min)

Kickovers & Walkovers 4:30pm

Advanced Back Handspring 5:45pm

Level 1 Passes 6:45

Beginner Back Handspring 7:30pm

Jumps & Conditioning 7:30pm (30 min)

Wednesday

Level 1 Passes 6:30pm

Kickovers & Walkovers 7:15pm

Thursday

Tumble Basics 4:15pm

Beginner Back Handspring 4:15PM

Friday

Advanced Back Handspring 4:00pm

Tumble Basics 5:00pm

Kickovers & Walkovers 5:45pm

Level 2 Passes 6:30pm

Flyer Class 7:15pm (30 min)

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