

FALL/SPRING

24-25
Schedule

MONDAY

6:00-7:00 High School Handspring

6:00-7:00 Tucks

7:00-8:00 Layout/Twist



TUESDAY

5:45-6:30 Tumble Stars

7:00-8:00 Walkovers

7:00-8:00 Advanced Handsprings

8:00-9:00 Intro to Handsprings



WEDNESDAY

6:00-7:00 Layout/Twist



THURSDAY

6:00-7:00 Tumble Foundations

6:00-7:00 Tucks

7:00-8:00 Intro to Tumble



FRIDAY

5:15-6:00 Tumble Stars

6:00-7:00 Layouts

6:00-7:00 Advanced Handsprings

6:00-7:00 Tumble Foundations

7:00-8:00 Twist

7:00-8:00 Tucks

7:00-8:00 Intro to Handsprings

7:00-8:00 Walkovers



SATURDAY

9:30-10:30 Intro to Handsprings

9:45-10:30 Tumble Stars

10:30-11:30 Tucks

10:30-11:30 Walkovers

11:30-12:30 Layout/Twist

11:30-12:30 Tumble Foundations

12:30-1:30 Advanced Handsprings

12:30-1:30 Intro to Handsprings

1:30-2:15 Flyer Flex

1:30-2:30 Jumps/Condition



OPEN GYMS

FRIDAYS 8:00-9:30

SATURDAYS 2:30-4:00