

2024
Schedule
SUMMER

MONDAY

- 5:00-6:00 High School Tuck/Layout/Twist
- 5:00-6:00 Intro to Handsprings
- 6:00-7:00 Tuck
- 7:00-8:00 Layout/Twist

TUESDAY

- 5:00-6:00 Cheer Basics
- 6:00-7:00 Intro to Handsprings
- 7:00-8:00 Walkovers
- 8:00-9:00 Intro to Tumble

WEDNESDAY

- 5:30-6:30 Tuck
- 6:30-7:30 Advanced Handsprings

THURSDAY

- 5:00-6:00 High School Handspring
- 5:00-6:00 Tumble Foundations
- 5:15-6:00 Tumble Stars
- 6:00-7:00 Walkover

FRIDAY

- 5:15- 6:00 Tumble Stars
- 6:00-7:00 Layout
- 6:00-7:00 Tumble Foundations
- 6:00-7:00 Advanced Handspring
- 6:15-7:00 Flyer Flex
- 7:00-8:00 Twist
- 7:00-8:00 Tucks
- 7:00-8:00 Intro to Handsprings
- 7:00-8:00 Walkover

SATURDAY

- 9:00-10:00 Intro to Handspring
- 9:15-10:00 Tumble Stars
- 10:00-11:00 Tumble Foundations
- 10:00-11:00 Tuck Class
- 11:00-12:00 Advanced Handspring
- 11:00-12:00 Walkover
- 12:00-1:00 Intro to Handspring
- 12:00-1:00 Layout/Twist
- 1:00-2:00 Tuck
- 1:00-2:00 Jump/Conditioning

