

FALL-SPRING

2.5 - 2.6
Schedule

MONDAY

6:00-7:00 Twist

6:00-7:00 Foundations

7:00-8:00 Layout



TUESDAY

6:00-6:45 Tumble Stars

6:00-7:00 Walkovers

7:00-8:00 Intro to Handsprings

8:00-9:00 Advanced Handsprings



WEDNESDAY

6:00-7:00 HighSchool Handsprings

7:00-8:00 Tuck



THURSDAY

7:00-8:00 Tumble Foundations

8:00-9:00 Tucks

8:00-9:00 Intro to Tumble (10-17yrs)



FRIDAY

6:00-7:00 Layout

6:00-7:00 Advanced Handspring

6:00-7:00 Standing Tumbling

6:00-7:00 Intro to Handspring

6:00-7:00 Tumble Foundations

7:00-8:00 Twist

7:00-8:00 Tucks

7:00-8:00 Intro to Tumble (10-17yrs)

7:00-8:00 Walkovers



SATURDAY

9:00-10:00 Intro to Handsprings

9:15-10:00 Tumble Stars

10:00-11:00 Walkovers

10:00-11:00 Tuck Class

11:00-12:00 Tumble Foundations

11:00-12:00 Advanced Twists

12:00-1:00 Specialty Tumble

12:00-1:00 Intro to Handsprings

1:00-2:00 Layout

1:00-2:00 Tuck

2:00-3:00 Advanced Handsprings

2:00-2:45 Flyer Flex



OPEN GYMS

FRIDAYS 8:00-9:30

SATURDAYS 2:45-4:15

Pricing Effective July 2025

Open Gym - Non Allstar \$30

45 min classes - \$80

1hr Classes - \$95