

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 Hansprings
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 Hansprings
1:00-2:00 Layout
1:00-2:00 Tuck
2:00-3:00 Advanced Handpsprings
2:00-2:45 Jump/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