

Winter and Spring 2024 Classes

MONDAY	CLASS FOCUS	MEET TIME
wiggle worms tumbling 101	BWO/RO/CW	400pm-500pm
tumbling 101	Intro to tumbling	500pm-6:00 pm
tumbling 102	walkovers	6:00pm - 7:00pm
Flex/Flight		6:30pm-7:15pm
TUESDAY		
tumbling	intro / Beg	4:00pm-5:00pm
tumbling	intro to bhs	4:00pm-5:00pm
tumbling 101	beg BHS	5:00pm-6:00pm
tumbling 103	BHS	6:00pm-7:00pm
tumbling 104	ALL Things Tucks	7:00pm-8:00pm
WEDNESDAY		
tumbling	beg walkovers	4:00pm-5:00pm
tumbling 101	beg BHS	4:00pm-5:00pm
tumbling 102.5-103	adv BHS/intro to 103	5:00pm-6:00pm
Performance Team		5:00pm-6:00pm
tumbling 104	advTUCKS/TWIST/LAYS	6:00pm-7:00pm
Flyers only!		7:00pm-8:00pm
tumbling 102	Beg Backhandsprings	8:00pm-9:00pm
THURSDAY		
wiggle worms Tumbling 101	5 yrs to 9 yrs	4:00pm-5:00pm
Jealous Jumps		5:00pm-6:00pm
tumbling 101	Backwalkovers	5:00pm-6:00pm
tumbling 102	Handsprings	6:00pm-7:00pm
High School cheer Prep (last class in May 2024)		6:00pm-7:00pm
tumbling 101.5	walkovers/ into to handspings	7:00pm-8:00pm
High School cheer Prep (last class in May 2024)		8:00pm-9:00pm
FRIDAY		
tumbling 101	Walkovers & Roundoffs	5:00pm-6:00pm
tumbling 102	Back handsprings	6:00pm-7:00pm
SATURDAY		
flex/stretch/Flight School/STUNT		9:30am -10:00am
Tumbling Class	Backhand Spring	10:00am-11:00am
Tumbling Class	Walkovers & Roundoffs	11:00am-1:00pm
Tumbling Class	Beg Tucks	12:00 pm- 1:00pm

\$25.00 registration and \$85.00 per month for classes