

Schedule



Class Descriptions & Requirements

- TUMBLE 1** No requirements. Athletes will work on basic tumbling skills to back walkover. Ages 5 & Up
- TUMBLE 2** Athletes must have a back walkover on the floor without a spot and clean technique in order to attend this class. Athletes will work on standing back handspring, running back handspring, and specialty to back handspring. Ages 5 & Up
- TUMBLE 3** Athletes must have a standing back handspring and round off back handspring on the floor without a spot and clean technique in order to attend this class. Athletes will work on connecting multiple back handsprings, round-off back handspring tucks, and specialty to tucks. Ages 5 & Up
- TUMBLE 4/5/6** Athletes must have standing multiple back handsprings and a round-off back handspring tuck on the floor without a spot and clean technique in order to attend this class. Athletes will work on standing tucks, jumps to tuck, standing multiple back handsprings to tuck/layout/full/double full, running back handspring layout/full/double full, and specialty to layout/full/double full. Ages 7 & Up
- TUCKS** Athletes must have a standing back handspring without a spot and a round off back handspring tuck/round-off tuck on the floor without a spot and clean technique in order to attend this class. Athletes will focus on standing tucks and perfecting their overall tuck technique. Ages 5 & Up
- FLEX ZONE** No requirements. This is a stretching class designed for athletes who are looking to enhance their flexibility. Increased flexibility will improve jumps and flying skills. Ages 4 & Up
- TINY TUMBLING** No requirements. Athletes will work on basic tumbling skills, drills, and body shapes. Ages 3-5
- JUMPS** No requirements. This is a jump class designed for athletes who are looking to enhance their flexibility and strength in all aspects of jumping. Ages 4 & Up

TUMBLE 1

Tuesdays 6:00-7:00
Thursdays 7:30-8:30

TUMBLE 2

Tuesdays 8:00-9:00
Thursdays 8:00-9:00

TUMBLE 3

Tuesdays 6:00-7:00
Wednesdays 8:00-9:00
Thursdays 6:00-7:00

TUMBLE 4/5/6

Mondays 8:00-9:00
Tuesdays 7:00-8:00
Wednesdays 6:00-7:00

TUCKS

Wednesdays 7:00-8:00
Thursday 7:00-8:00

FLEX ZONE

Mondays 6:00-7:00
Tuesdays 6:00-7:00
Thursdays 5:00-6:00

TINY TUMBLING

Thursdays 6:30-7:30

OPEN GYM

Fridays 5:00-6:30

Not offered every week. Check the schedule in our portal to confirm class availability.

Pricing

GENERAL

\$20/Class & Open Gym

UNLIMITED CLASS PACKAGES

Includes Classes & Open Gyms

\$160 - 1 Month

\$400 - 3 Months

\$40 Membership Fee

The Membership Fee is DUE when you attend your first class, it is renewed each May, regardless of when you join.

Updated 07/31/2022

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