

envy cheer

2018 Class Schedule

Tumbling Classes

Monday		Tuesday		Wednesday		Thursday	
Basics- 7 & Under	4:30pm	Basics- 8 & Up	4:30pm	Basics 7 & Under	4:30pm	Flipped Out	4:30pm
Flipped Out	4:30pm	Look Ma, No Hands	4:30pm	Flipped Out	4:30pm	Basics 8 & Under	5:00pm
Look Ma, No Hands	4:30pm	Look Ma, No Hands & Stiff as a Board	5:30pm	Look Ma, No Hands	4:45pm	Look Ma, No Hands & Stiff as a Board	5:30pm
Basics 8& Up	5:30pm	Shoot for 3	5:30pm	Basics 8 & Up	5:30pm	Flipped Out	5:30pm
Flipped Out	5:30pm	Basics	7:00pm	Flipped Out	5:30pm	Basics	5:30pm
Stiff as a Board & Get it Twisted	5:30pm	Flipped Out (above class begins 6/8/18)	7:00pm	Look Ma, No Hands & Stiff as a Board	5:45pm	Stiff as a Board & Get it Twisted	6:30pm
Shoot for 3	6:30pm					Flipped Out	6:30pm
Basics	7:00pm					Flipped Out (above class begins 6/8/18)	7:00pm

- *Tumbling Classes are 1-hour long*

Specialty Classes

Monday		Tuesday		Wednesday		Thursday	
Standing Back Tucks	6:30-7pm	Standing B-Handspring	6:30-7pm	Jumps Class	6:30-7:00pm		
Jumps Class	7-7:30pm	Stunt/Flexibility	6:30-7:15pm	Stunt/Flexibility	6:45-7:30pm		

Tumbling Classes are \$70 a month for one class per week. Additional tumbling class may be added for \$50 per class per month.

Standing Tumbling Classes, Jumps Classes, and Flight/Flexibility are \$25 a month for one class per week.

Class Descriptions



Basics- Students working on cartwheels, round offs, backbend kick overs, front and back walkovers.

Flipped Out- Students have their basics and are now working on round off back handspring and back handspring series.

Shoot for 3- Students have mastered their back handspring and are now focusing on series.

Look Ma, No Hands- Students have back handspring series and are now working on adding a back tuck.

Stiff as a Board- Students have a series to back tuck and are working on layouts.

Get it Twisted- Students have a series to layout and are working on fulls.

Standing Back Tucks- This class will focus on standing back tucks.

Standing B-Handspring- This class will focus on standing back handsprings.

Jumps Class- This class will focus on core strengthening with jump technique and power execution.

Stunt/Flexibility- This class will work on flyers flexibility and group stunting.