

Tumbling Class Schedule

Monday	3pm-4pm Beginner / Intermediate	4pm-5pm Beginner / Intermediate	5pm-6pm Beginner / Intermediate		
Tuesday		4pm-5pm Beginner / Intermediate	5pm-6pm Beginner / Intermediate		8pm-9pm Advanced & Tuck/Layout
Wednesday		4pm-5pm Beginner / Intermediate	5pm-6pm Beginner / Intermediate		
Thursday	3pm-4pm Beginner / Intermediate	4pm-5pm Beginner / Intermediate	5pm-6pm Beginner / Intermediate		
Friday	5pm-6pm Beginner / Intermediate	Open Gym 6pm – 8pm Only			
Saturday		10am-11am Back handspring	11am-12pm Back tuck	12pm-1:30pm Open Gym	

Class Descriptions:

Beginner / Intermediate: Focusing on fundamentals (cheer levels 1-3)

Tuck/Layout: Focusing on layouts and tucks (cheer levels 3-4)

Advanced: Layout and higher focusing twisting skills (cheer levels 4-5)

Back handspring: Focuses on back handsprings (cheer level 2)

Back tuck: Working on Tuck skills (cheer level 3)

Open Gym: Supervised open workshop to focus on any skills you wish. Instructors are present to supervise and offer guidance not to spot skills.