

2016/17 Regular Season Tumbling & Gymnastics Schedule (Aug-May)

Class Name	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Sub Beginner (55 Min.)			5:30 & 6:30		5:30 & 6:30		9:00a
Beginner (Age 4-6)			4:30 & 6:30	6:00	5:30		9:00a
Beginner (Age 7-9)			5:30	5:00			
Adv. Beginner (Age 6-8)			4:30	6:00		5:00	10:00a
Adv. Beginner (Age 9+)				7:00	5:30		
Intermediate			5:30		4:30		11:00a
Advanced			5:30			6:00	
Cheer Tumble Basic					7:30		
Back Handspring/Tuck			7:30				
Boy's Tumble (Age 5-7)				7:00			
Boys' Tumble (Age 5-12)				7:00			
*Intro to Gymnastics (5+)			*5:30	*5:00 & *6:00			
Gymnastics (Age 7+)			*6:30*		*6:30*		

Xtreme Team Schedule (Aug-March)

Team Name	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Xtreme Team		TBA					

*Full Program Gymnastics will practice **Both Tuesday & Thursday** for 1.5 hours from 6:30-8:00pm

*Semesters for Intro Classes and Gymnastics: **Semester 1:** Aug 2nd - Dec 22nd & **Semester 2:** Jan 10th - May 27th

All Classes are run for 1 hour once per week unless otherwise stated above

UPDATED 5/3/16