

FLIP CENTRAL



Fall Classes 2020

Classes run from September 8th-December 23rd

All in person classes are 45 minutes long.

All virtual classes are 30 minutes long.

Monday

3:45PM Open Gym

4:15PM Strength and Conditioning

4:30PM Tucks and Layouts

5:00PM Tumble Basics

5:45PM Advanced Basics

6:30PM Flyer Class

7:15PM Back Handsprings

Virtual Class

3:15PM Back Handsprings and Tucks

Wednesday

3:45PM Open Gym

4:30PM Flyer Class

4:30PM Back Handspring

5:15PM Layouts and Twisting

5:30PM Tumble Basics (ages 8 and under)

6:30PM Walkovers

7:15PM Advanced Basics

Virtual Class

3:15PM Standing Tucks and Standing Fulls

3:45PM Flyer Class

Tuesday

3:30PM Open Gym

4:30PM Walkovers

5:15PM Advanced Basics

7:15PM Back Handsprings

Virtual Class

3:00PM Jumps and Conditioning

Thursday

3:15PM Open Gym

4:30PM Tucks and Layouts

6:15PM Tumble/Advanced Basics

7:00 PM Back Handspring

Virtual Class

4:30PM Advanced Basics/Walkovers

Friday

3:00PM Flyer Class

3:45PM Open Gym

4:30PM Back Handsprings

5:15PM Tumble/Advanced Basics

6:00PM Walkovers

Fall Tumbling Clinics (ages 6+)

**Fall clinics are not included in the unlimited tumbling package and are an additional cost.

Email info@spiritcentralcheer.com for more information**

Columbus Day: Monday 10/12 12:30pm-3:30pm

Veterans Day: Wednesday 11/11 12:30pm-3:30pm

