

FLIP CENTRAL

Winter Classes 2020/2021

Classes run from December 2nd-April 30th
All classes are 45 minutes long



Monday

4:15PM Open Gym
4:30PM Tucks and Layouts
5:00PM Tumble Basics
5:45PM Advanced Basics
6:30PM Back Handsprings
7:15PM Flyer Class

Wednesday

3:45PM Flyer Class
4:30PM Standing Tucks
4:30PM Back Handsprings
5:15PM Layouts and Twisting
5:30PM Tumble Basics (ages 9 and under)
6:30PM Kickovers & Walkovers
7:15PM Open Gym

Tuesday

4:15PM Kickovers and Walkovers
4:30PM Tumble Basics
5:00PM Advanced Basics
6:15PM Back Handsprings

Thursday

3:45PM Open Gym
4:30PM Tucks and Layouts
6:15PM Tumble Basics
6:15PM Advanced Basics
Virtual Class (30 Minutes Long)
4:30PM Flyer Class

Friday

3:45PM Open Gym
4:30PM Back Handsprings
5:15PM Tumble Basics (ages 9 and Under)
6:00PM Kickovers and Walkovers

We also offer the following through our flip central program:

- Private Lessons
- Private group instruction
- Semi Private lessons
- Specialty tumbling Clinics

*If you are interested in any of the above please send an email to mleblancsc@gmail.com for more information.

