

FLIP CENTRAL

Fall Classes 2021

All classes are 45 minutes long

Classes run from 9/7-11/23

We are closed for classes on the following days:

Labor day- 9/6

Columbus Day- 10/11

Thanksgiving break- 11/24-11/28



Monday

4:00PM Elite Flyer Class
4:45PM Advanced Back Handsprings
4:45PM Tumble Basics (Ages 5+)
6:45PM Jumps and Conditioning
6:45PM Kickovers and Walkovers
7:30PM Beginner Back Handsprings

Wednesday

3:45PM Flyer Class
4:15PM Advanced Basics
4:30PM Tucks and Layouts
5:00PM Standing Tucks
5:45PM Layouts and Twisting
5:45PM Beginner Back Handsprings
5:30PM Tumble Basics (ages 4-9)
6:30PM Kickovers & Walkovers
7:30PM Jumps and Conditioning

Fall Tumbling Clinics (Ages 6+)

Thanksgiving Clinic

Wednesday 11/24 3:30-6:30PM

Veterans' Day Clinic

Thursday 11/11 1:00-4:00PM

Tuesday

3:45PM Open Gym (Ages 10+)
4:15PM Tucks and Layouts
4:30PM Jumps and Conditioning
5:15PM Crazy for Cartwheels
6:00PM Tumble Basics (Ages 4-9)
6:00PM Rockstar Roundoffs
6:45PM Advanced Basics
7:30PM Advanced Back Handsprings
7:30PM Flyer Class

Thursday

4:15PM Elite Flyer Class
4:15PM Tumble Basics (Ages 5+)
5:00PM Advanced Back Handsprings
5:00PM Kickovers and Walkovers
6:00PM Layouts and Twisting
6:00PM Beginner Back Handsprings
7:00PM Punch Fronts and Ariels
7:45PM Jumps and Conditioning

Friday

4:00PM Tucks and Layouts
4:30PM Beginner/Advanced Back Handsprings
5:15PM Kickovers and Walkovers
6:00PM Tumble Basics (Ages 5+)
6:00PM Open Gym (Ages 7-12)
6:45PM Advanced Basics

