

# Fall Classes

Schedule Runs 9/6-11/22

All classes are 45 minutes long unless noted\*



## **Monday**

4:15PM Flyer 2  
4:15PM Kickovers & Walkovers  
5:00PM Advanced Back Handsprings  
5:00PM Jumps & Conditioning  
5:45PM Tumble Basics  
6:30PM Advanced Back Handsprings  
6:30PM Advanced Basics  
7:45PM Tucks & Layouts

## **Wednesday**

4:45PM Flyer 1  
4:45PM Advanced Basics  
5:30PM Tumble Basics (Ages 4-8 only)  
5:30PM Jumps & Conditioning  
5:45PM Whips & Arabians  
6:15PM Beginner Back Handsprings  
6:15PM Kickovers & Walkovers  
7:00PM Front Handsprings & Bounders

## **Fall Tumbling Clinic (Ages 6+)**

Thanksgiving Clinic- Wednesday 11/23 3:00pm-6:00pm

\*Click [HERE](#) to register.

## **Tuesday**

4:00PM Tucks & Layouts  
4:45PM Crazy for Cartwheels  
5:30PM Twisting Skills  
5:45PM Tumble Basics  
6:30PM Beginner Back Handsprings  
7:15PM Flyer 1

## **Thursday**

4:00PM Twisting Skills  
4:45PM Tucks & Layouts  
4:45PM Punch Fronts & Aerials  
5:30PM Standing Tumbling to Tucks  
6:15PM Jumps & Conditioning  
7:00PM Flyer 2

## **Friday**

4:15PM Tucks & Layouts  
5:00PM Beginner/Advanced Back Handsprings  
5:45PM Tumble Basics  
6:30PM Kickovers & Walkovers

