

Flip Central - Fall Classes

Schedule Runs 9/5/23-11/21/23

All tumbling classes are 45 minutes long and all specialty classes (jumps & conditioning/flyer classes) are 30 minutes long



Monday

4:00PM Tucks & Layouts
4:00PM Beginner Back Handsprings
4:00PM Kickovers & Walkovers
5:00PM Jumps and Conditioning
5:30PM Tumble Basics
6:00PM Advanced Basics
6:45PM Advanced Back Handsprings
6:45PM Flyer 1
7:45PM Front Handsprings & Bounders

Wednesday

4:15PM Layouts & Twisting
4:30PM Beginner Back Handsprings
5:15PM Jumps & Conditioning
5:00PM Advanced Basics
6:45PM Advanced Back Handsprings
7:30PM Flyer 1

Fall Tumbling Clinic (Ages 6+)

Friday November 10th 9:30am-12:30pm
Wednesday November 22nd 1:30pm-4:30pm

Tuesday

4:15PM Punch fronts & Aerials
5:00PM Kickovers & Walkovers
5:00PM Tucks & Layouts
5:45PM Whips & Arabians
6:15PM Flyer 2
6:15PM Front Handsprings & Bounders
7:30PM Beginner Back Handsprings

Thursday

4:00PM Layouts & Twisting
4:30PM Beginner Back Handsprings
5:15PM Tucks & Layouts
5:30PM Tumble Basics (Ages 3-7)
6:00PM Flyer 2
7:00PM Jumps & Conditioning

Fridays

4:00PM Open Gym (ages 10+)
4:45PM Tumble Basics
5:30PM Crazy for Cartwheels
6:15PM Open Gym (7- 12)

