

Winter Schedule

Schedule Runs 12/2-4/25

*SC is CLOSED for all CLASSES on the following dates:

- 12/20-1/3 (TEAM practices ONLY WILL be held on 1/2 & 1/3)
- 2/17- Presidents Day



Monday

4:00PM Kickovers & Walkovers
5:00PM Tucks & Layouts
5:00PM Beginner Back Handsprings
5:45PM Advanced Basics
5:45PM Advanced Standing Tumbling
6:30PM Tumble Basics
6:30PM Advanced BHS
6:45PM Flyer 1
7:15PM Front Handsprings and Bounders

Wednesday

4:00PM Flyer 2
4:00PM Kickovers & Walkovers
4:45PM Beginner Back Handsprings
5:30PM Layouts & Twisting
5:30PM Tumble Basics
6:30PM Advanced Backhandsprings

Tuesday

4:30PM Advanced Back Handsprings
4:45PM Flyer 1/2
5:15PM Tucks & Layouts
6:00PM Jumps & Conditioning
6:30PM Beginner Back Handsprings
7:15PM Kickovers & Walkovers

Thursday

4:45PM Tucks & Layouts
4:45PM Beginner Back Handspring
5:15PM Flyer 1
5:30PM Layouts & Twisting
6:15PM Flyer 2
6:15PM Kickovers & Walkover

Friday

4:00PM Crazy for Cartwheels
4:45PM- Flyer 1
5:15PM- Tumble Basics
6:00PM- Jumps & Conditioning