



\$50 Annual Registration Fee

\$70 per month

25% off additional class

Classes are 55 mins

Class Schedule

June

2019

For more information call 919-380-2152

Monday Classes

Class Name	Instructor	Time
Intro to Back Handspring	Ziggy	5:00pm
Advance Back Handspring	Woo	5:00pm
Intro To Tuck	Owen	5:00pm
Advance Tuck	Griffin	5:00pm
Young Beginner Tumble 1	Ashlynn	6:00pm
Intro to Back Handspring older	Woo	6:00pm
Intro to Back Handspring	Griffin	6:00pm
Intro Tucks	Ziggy	6:00pm
Advance Tuck/Layout	Owen	6:00pm
Fulls	Ziggy	7:00pm
Beginner T1/Intro BHS Older	Runski	7:00pm
Intro to BHS Older	Griffin	7:00pm
Intro To BHS Younger	Woo	7:00pm
Intro To Tuck	Runski	8:00pm
Advance Tuck	Griffin	8:00pm
Fulls	Ziggy/Owen	8:00pm

Wednesday Classes

Class Name	Instructor	Time
Cheer Prep	Carlos	5:00pm
Intro to BHS young	Ashlynn	5:00pm
Intro To BHS Older	Griffin	5:00pm
Advance Back Handspring	Ziggy	5:00pm
Intro Tuck	Woo	5:00pm
Advance Tucks	Runski	5:00pm
Intro to Back Handspring	Griffin/Ashlynn	6:00pm
Advance Back Handspring	Woo	6:00pm
Advance Tucks	Runski	6:00pm
Intro To fulls	Owen	6:00pm
Advance Twisting	Ziggy	6:00pm
Intro to Back Handspring	Owen	7:00pm
Advance BHS/Intro to Tucks	Woo	7:00pm
Advance Tucks	Griffin	7:00pm
Intro To Fulls	Ziggy	7:00pm
School/College Stunt class	Owen	8:00pm
Fulls	Ziggy/Runski	8:00pm

Friday Classes

Class Name	Instructor	Time
Beginner Tumble	Carlos	4:00pm
BHS	Woo	4:00pm
Tuck/Fulls	Owen	4:00pm

Tuesday Classes

Class Name	Instructor	Time
Young Beginner Tumble 1	Carlos	4:30pm
Back Handspring	Runski	4:30pm
Advance BHS/Intro Tuck	Ziggy	4:30pm
Power Tumble	Staff	4:30pm
Young Beginner Tumble 1	Carlos/Ashlynn	5:30pm
Intro to Back Handspring	Woo	5:30pm
Intermediate BHS	Griffin	5:30pm
Advance Back Handspring	Ziggy	5:30pm
Intro Tucks	Owen	5:30pm
Advance Tuck/Layout	Runski	5:30pm
Intro to BHS 11 and under	Woo	6:30pm
Intro BHS Older	Griffin	6:30pm
Layouts	Runski	6:30pm
Intro To fulls	Owen	6:30pm
Intermediate Fulls	Ziggy	6:30pm
Intro Tuck	Griffin	7:30pm
Advance Tuck	Ziggy	7:30pm
Intro to Fulls	Owen	7:30pm

Thursday Classes

Class Name	Instructor	Time
Back Handspring	Runski	5:00pm
Intro Tuck	Woo	5:00pm
Intro to Fulls	Owen	5:00pm
Advance Twisting	Ziggy	5:00pm
Young Beginner Tumble 1	Carlos/Ashley	6:00pm
Intro to BHS Older	Woo	6:00pm
Intro to BHS 11 under	Ashlynn	6:00pm
Advance Back Handspring	Griffin/Runski	6:00pm
Intro to Tucks	Ziggy	6:00pm
Advance Tucks	Owen	6:00pm
Intro to Tucks	Ziggy	7:00pm
Advance Tucks/Layouts	Griffin	7:00pm
Intro to Fulls	Owen	7:00pm
Intro to fulls	Runski	8:00pm
Advance Twisting	Ziggy/Owen	8:00pm

FRIDAY NIGHT

OPEN TUMBLE 6:00-8:00PM
WITH INSTRUCTORS

OPEN TO
ALL