



\$50 Annual Registration Fee

\$70 per month

25% off additional class

Classes are 55 mins

# Class Schedule

Oct. 2019

For more information call 919-380-2152

## Monday Classes

Class Name	Instructor	Time
Intro to Back Handspring	Woo	5:00pm
Intermediate BHS	Ziggy	5:00pm
Advance BHS	Owen	5:00pm
Advance Tuck	Griffin	5:00pm
Young Beginner Tumble 1	Owen	6:00pm
Intro to Back Handspring older	Griffin	6:00pm
Intro Tucks	Ziggy	6:00pm
Advance Tuck	Woo	6:00pm
Intro to BHS 7-11 yrs old	Woo	7:00pm
Intro to BHS 12 and older	Griffin	7:00pm
Fulls	Ziggy	7:00pm
Advance Tucks	Griffin	8:00pm
Fulls	Ziggy	8:00pm

## Wednesday Classes

Class Name	Instructor	Time
Cheer Prep	Carlos	5:00pm
Intro to BHS Younger	Owen	5:00pm
Intro To BHS Older	Griffin	5:00pm
Advance Back Handspring	Ziggy	5:00pm
Intro Tuck	Woo	5:00pm
Intro to Back Handspring	Griffin	6:00pm
Advance Tucks	Woo	6:00pm
Intro To fulls	Owen	6:00pm
Advance Twisting	Ziggy	6:00pm
Intro to Back Handspring	Woo	7:00pm
Intro Tucks	Griffin	7:00pm
Advance Tucks/Layouts	Owen	7:00pm
Intro To Fulls	Ziggy	7:00pm
Coed Stunt class	Renard	8:00pm
Fulls	Ziggy	8:00pm

## Friday Classes

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

## Tuesday Classes

Class Name	Instructor	Time
Young Beginner Tumble 1	Carlos	4:30pm
Intro Back Handspring	Owen	4:30pm
Intro Tuck	Ziggy	4:30pm
Young Beginner Tumble 1	Carlos	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
Intro to BHS younger	Woo	6:30pm
Intro BHS Older	Griffin	6:30pm
Advance Tuck/Layout	Owen	6:30pm
Intro To Fulls	Ziggy	6:30pm
Advance Tuck	Ziggy	7:30pm
Intro to Fulls	Owen	7:30pm

## Thursday Classes

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

### FRIDAY NIGHT

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

