



## Technique Class Schedule (Fall 2018)

Our instructors are prepared to take athletes of all ages and skill levels through the proper progressions necessary for developing both the physical and mental technique and strength needed to perform skills for tumble, dance, and stunt with confidence, consistency and great execution!

TECHNIQUE CLASS:	TIME:	
BEGINNER TUMBLE	Saturday *	@ 8:30 am
	Tuesday	@ 6:00 pm
	Wednesday *	@ 4:30 pm
	Thursday	@ 6:30 pm
ADVANCED BEGINNER TUMBLE	Saturday*	@ 8:30 am
	Tuesday	@ 5:30 pm
	Wednesday*	@ 4:30 pm
	Thursday	@ 7:00 pm
BACK HANDSPRING TUMBLE 1	Saturday*	@ 11:30 am
	Tuesday	@ 7:00 pm
	Wednesday	@ 5:30 pm
	Thursday*	@ 6:00 pm
BACK HANDSPRING TUMBLE 2	Saturday*	@ 11:30 pm
	Tuesday	@ 4:30 pm
	Wednesday	@ 7:30 pm
	Thursday*	@ 6:00 pm
TUCK / LAYOUT / TWISTER TUMBLE	Saturday	@ 10:30 am
	Tuesday	@ 7:30 pm
	Wednesday	@ 6:30 pm
	Thursday	@ 5:00 pm
KINDERGYM TUMBLE	Wednesday	@ 5:30 pm
	Thursday	@ 5:00 pm
STUNT	Saturday	@ 9:30 am
	Tuesday	@ 6:30 pm
DANCE TECHNIQUE	Tuesday	@ 6:30 pm
	Wednesday	@ 6:30 pm