

2023-24 ACROFITNESS Schedule

TEAM CLASSES are reserved

5 student minimum requirement to hold class

CLASSES WILL RUN FOR 50 MINUTES

UPDATED 10/4/2023

MONDAY

4:30 advance tumble

5:30 SOPHOMORE TEAM

6:30 JUNIOR TEAM

7:30 SENIOR TEAM

4:30 acro combo 4-7

5:30 mommy & me

6:30 hip hop theatre 8+

7:30 teen tumble

4:30 elite/extreme tumble

5:30 peewee ninja 4-7

6:30 ninja 8+

7:30 ninja/tumble 13+

TUESDAY

4:30 tumbling tutus 4-7

5:30 LITTLE SPORT

6:30 HIP HOP TEAM

7:30 JR HIP HOP TEAM

4:30 acro combo 4-7

5:30 mommy & me

6:30 acro combo 4-7

7:30 advance tumble

4:30 peewee ninja 4-7

5:30 ninja chicks 8+

6:30 ninja 8+

7:30 elite/extreme tumble

WEDNESDAY

4:30 Acro combo 4-7

5:30 flexible strength

4:30 advance tumble

5:30 elite/extreme tumble

4:30 peewee ninja 4-7

5:30 FRESHMAN TEAM

6:30 ALLSTAR TEAM

THURSDAY

4:30 acro hip hop 4-7

5:30 MINI HOP TEAM

6:30 acro combo 4-7

7:30 teen tumble

4:30 advance/elite tumble

5:30 dance fitness 12+

6:30 ballet & backflips 8+

7:30 hip hop theatre 12+

4:30 peewee ninja 4-7

5:30 ninja 8+

6:30 BOYS TEAM

7:30 ninja 13+