

**Tammy's Tumbling &
Dance Center
Schedule 2020**

Room A

Monday

5:45-6:30pm Int. Tumble
6:30-7:15 Hulahoop Fitness

Tuesday

5:00-5:45
5:45-6:30 Begin Silks 5-8Yr
6:30-7:15 Int. Tumbling*
7:15-8:00 pm 9 & up Silks 1
8:00-8:45pm Silks 2

Wednesday

5:00-5:45 Begin/Int. Tumble
5:45-6:30pm Int. Tumble*
6:30-7:15pm Int./Adv. Cheer*
7:15-8:15 Adv. & Elite
Tumble**

Thursday

5:15-6:00pm Begin Tumble
6:00-6:45pm Int. Tumble

Friday

5:45-6:30 Open Tumble

Saturday

9:45- 10:30 Am Aerial Yoga*
10:30-11:15 am Begin Tumble

Room B

Monday

5:00-5:45pm Jr Ballet*
5:45-6:30pm Pre/Begin
Pointe**
6:30-7:15pm Jr Jazz/Lyrical*
7:15-8:00pm Jr. Tap*

Tuesday

5:00-5:45 Int./ADV.
Contemporary*
5:45-6:30pm Int. Hip Hop
6:30-7:15 Adv. Hip Hop*
7:15-8:00 Adv. Drill Prep Poms*

Wednesday

5:00 Comp. Reh.
5:45-6:30pm Int/Adv. Jumps &
Leaps*

Thursday

5:15-6:00pm Dance Fit*
6:00-6:45pm Begin Dance 5-7
6:45-7:45 Int. Ballet/Jazz/Tap

Saturday

9:00am-9:45 Stretch &
Strength*

Sunday

9:30-11:30 Reh.
11:30-12:30 Ballet
12:30-1:00 Musical Theater
1:00-1:45 Jazz
1:45-2:15 Lyrical Comp
2:15-3:00 Lyrical
3:00-3:45 Tap

Room C

Monday

5:00-5:45pm Int. Jr Ballet*
5:45-6:30pm Jr./Int. Jr
Lyrical/Jazz alternate*
6:30-7:15pm Int. Jr Tap*

Tuesday

5:00-5:45pm Begin Hip Hop 5-8
5:45-6:30pm Begin Poms
6:30-7:15pm Int. Drill Pom

Thursday

5:00-6:00pm Preschool
Dance/Tumble 3 & 4yr
6:00-6:30pm Tu Tu's 2-3 years
7:00-7:45pm Adult Tap*

Saturday

9:00am-9:45am Preschool 3-4
yr. combo Dance/Tumble
9:45-10:30am Beginning Dance
5-7 Ballet/Tap/Poms

Sunday

10:30-1:30 Reh.

*Must have the approval of the instructor to attend this class. Management reserves the right to cancel or change classes at any time. For more information, registration or class placement call 314-739-FLIP or 3547