

ELEVATE

ACRO LAB CLASSES

MONDAY



SIDE + FRONT AERIALS 5:30-6:15PM

INTERMEDIATE ACRO 6:15-7:00PM

BEGINNER ACRO 7:15-8:00PM

INTERMEDIATE ACRO 8:00-8:45PM

TUESDAY



ACRO FLEX 5:00-5:30PM

INTERMEDIATE ACRO 5:30-6:15PM

ADVANCED ACRO 6:15-7:00PM

PRE-PRO ACRO 7:00-7:45PM

PRE-PRO ACRO 7:45-8:30PM

WEDNESDAY



BEGINNER ACRO 4:00-4:45PM

CHEER TUMBLING 4:45-5:30 PM

CARTWHEEL & HANDSTAND 5:30-6:15 PM

THURSDAY



INT. AERIAL HOOPS & SILKS 3:30-4:15PM

AERIAL HOOP & SILK 4:15-5:00PM

ADVANCED ACRO 5:15-6:00PM

GOLDEN ROLLERS 6:00-6:45PM

BACKBENDS & KICKOVERS 7:00-7:45PM

BOOK A PRIVATE

WITH ONE OF OUR COACHES

SCAN TO FIND YOUR LEVEL



100 NE 16TH STREET - NEWCASTLE, OK