

# 2017-18 ACROFITNESS Schedule

CAPS: closed class

(5 student minimum requirement to hold class)

## MONDAY

4:30 advance tumble  
5:30 JR HIPHOP TEAM  
6:30 SOPHOMORE TEAM  
7:30 SENIOR TEAM

4:30 elite/xtreme  
5:30 advance tumble  
6:30 Acro Intro 4+  
7:30 Small Stars

## PARKOUR ROOM

4:30 peewee parkour 4-7  
5:30 princess parkour 4-7  
6:30 AFFR 8+  
7:30 AFFR 3

## TUESDAY

10:30 Mommy & Me/Acro 1-3  
4:30 Mommy & Me/Acro 1-3  
5:30 tumbling tutus 4-7  
6:30 Tricking 8+  
7:30 HIP HOP TEAM

4:30 Acro Intro 4+  
5:30 Acro hip hop 4+  
6:30 Acro cheer 4+  
7:30 JUNIOR TEAM

4:30 peewee parkour 4-7  
5:30 AFFR 8+  
6:30 LITTLE SPORT  
7:30 elite/extreme

## WEDNESDAY

4:30 Acro 1-3  
5:30 advance tumble  
6:30 Acro Cheer 4+  
7:30 ALLSTAR

4:30 Acro Combo 4+  
5:30 elite/xtreme  
6:30 teen tumble 12+

4:30 AFFR 8+  
5:30 peewee parkour 4-7  
6:30 Twisters

## THURSDAY

4:30 advance tumble  
5:30 Mommy & Me/Acro 1-3  
6:30 FRESHMAN TEAM  
7:30 teen tumble 12+

4:30 Ballet & Backflips 8+  
5:30 Acro combo 4+  
6:30 Zumba 12+  
7:30 Acro hiphop 8+

4:30 elite/extreme  
5:30 princess parkour 8+  
6:30 AFFR 8+  
7:30 BOYS PARKOUR TEAM

## FRIDAY (last Friday of the month)

4:30 AFFR 4  
5:30 Monthly Makeup Class (Call ahead to sign up)  
6:30-8:30 OPEN GYM ages 8+ \$10 (Call ahead to sign up)