

2018-19 ACROFITNESS Schedule

CAPS: closed class

(5 student minimum requirement to hold class)

REVISED 7/10/2018

MONDAY

4:30	advance tumble	4:30	elite/xtreme
5:30	<u>SOPHOMORE TEAM</u>	5:30	advance tumble
6:30	<u>SENIOR TEAM</u>	6:30	Acro Intro 4+
7:30	elite/xtreme	7:30	Acro Hip hop 8+

PARKOUR ROOM

4:30	peewee parkour 4-7
5:30	princess parkour 8+
6:30	AFFR 8+
7:30	AFFR 12+

TUESDAY

10:30	Mommy & Me/Acro 1-3	4:30	Acro Intro 4+
4:30	<u>LITTLE SPORT</u>	5:30	Acro hip hop 4+
5:30	Mommy & Me/Acro 1-3	6:30	Tricking
6:30	<u>JR HIP HOP</u>	7:30	Advance tumble
7:30	<u>HIP HOP TEAM</u>		

4:30	peewee parkour 4-7
5:30	<u>JUNIOR TEAM</u>
6:30	AFFR 8+
7:30	elite/extreme

WEDNESDAY

4:30	Mommy & Me/Acro 1-3	4:30	Acro Combo 4+
5:30	advance tumble	5:30	elite/xtreme
6:30	Allstar tumble	6:30	teen tumble 12+
7:30	<u>ALLSTAR</u>	7:30	Small Stars

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

THURSDAY

4:30	advance tumble	4:30	elite/xtreme
5:30	Mommy & Me/Acro 1-3	5:30	Acro combo 4+
6:30	<u>PARKOUR TEAM 1</u>	6:30	Zumba 12+
7:30	<u>PARKOUR TEAM 2</u>	7:30	Acro hiphop 8+

4:30	Princess parkour 4-7
5:30	<u>FRESHMAN TEAM</u>
6:30	Pee Wee Parkour 4-7
7:30	teen tumble 12+

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)