

# 2019-20 ACROFITNESS Schedule

TEAM CLASS; CLOSED

\*5 student minimum requirement to hold class

UPDATED 8/8/19

## MONDAY

4:30	advance tumble	4:30	elite/xtreme	4:30	peewee parkour 4-7
5:30	<u>SOPHOMORE TEAM</u>	5:30	advance tumble	5:30	princess parkour 8+
6:30	<u>SENIOR TEAM</u>	6:30	Acro intro 4+	6:30	advance parkour
7:30	Acro hip hop 8+	7:30	elite/xtreme	7:30	elite parkour

## TUESDAY

10:30	Mommy & me*				
4:30	<u>LITTLE SPORT</u>	4:30	Acro intro 4+	4:30	peewee parkour 4-7
5:30	Acro hip hop 4+	5:30	Mommy & me	5:30	<u>JUNIOR TEAM</u>
6:30	<u>JR HIP HOP</u>	6:30	tricking	6:30	advance parkour
7:30	<u>HIP HOP TEAM</u>	7:30	advance tumble	7:30	elite/extreme

## WEDNESDAY

4:30	Acro combo 4+	4:30	Mommy & me	4:30	princess parkour 8+
5:30	advance tumble	5:30	elite/xtreme	5:30	peewee parkour 4-7
6:30	Allstar tumble				
7:30	<u>ALLSTAR</u>				

## THURSDAY

4:30	advance tumble	4:30	elite/xtreme	4:30	princess parkour 4-7
5:30	Acro combo 4+	5:30	teen tumble 12+	5:30	flexible strength
6:30	<u>FRESHMAN TEAM</u>	6:30	Zumba 12+	6:30	advance parkour
7:30	<u>PARKOUR TEAM 1</u>	7:30	hip hop theater	7:30	<u>PARKOUR TEAM 2</u>

## FRIDAY

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

\*\*\*DATES WILL BE POSTED IN MONTHLY NEWSLETTER\*\*\*