

2020-21 ACROFITNESS Schedule

TEAM CLASSES are reserved

*5 student minimum requirement to hold class

CLASSES WILL RUN FOR 50 MINUTES

UPDATED 7/12/20

MONDAY

4:00	advance tumble	4:00	elite/xtreme	4:00	peewee parkour 4-7
5:00	<u>SOPHOMORE TEAM</u>	5:00	acro intro 4+	5:00	princess parkour 4-7
6:00	<u>SENIOR TEAM</u>	6:00	acro hip hop 8+	6:00	parkour 8+

TUESDAY

4:00	<u>LITTLE SPORT</u>	4:00	Acro intro 4+	4:00	peewee parkour 4-7
5:00	Acro hip hop 4+	5:00	Mommy & me	5:00	<u>JUNIOR TEAM</u>
6:00	<u>JR HIP HOP</u>	6:00	<u>TrickNfit</u>	6:00	parkour 8+
7:00	<u>HIP HOP TEAM</u>	7:00	advance tumble	7:00	elite/extreme

WEDNESDAY

4:00	Acro combo 4+	4:00	<u>Yogi Stretch</u>	4:00	princess parkour 8+
5:00	advance tumble	5:00	elite/xtreme	5:00	peewee parkour 4-7
6:00	Allstar tumble	6:00	<u>Sneaker Ballet</u>		
7:00	<u>ALLSTAR</u>				

THURSDAY

4:00	advance tumble	4:00	elite/xtreme	4:00	flexible strength
5:00	teen tumble	5:00	hip hop theater 8+	5:00	parkour 8+
6:00	<u>FRESHMAN TEAM</u>	6:00	Zumba 12+	6:00	<u>PARKOUR TEAM 1 & 2</u>

FRIDAY

- 5:00 Monthly Makeup Classes (Call ahead to sign up)
 - 6:00-8:00 Monthly OPEN GYM ages 8+ \$10 (Call ahead to sign up)
- ***DATES WILL BE POSTED IN MONTHLY NEWSLETTER***

All classes will be 50 minutes long to allow time for sanitation between classes and time for pick up and drop off distancing

Yogi stretch class will be done without shoes and will require participants to bring their own yoga mat
Teal color classes are new or tweaked for the 20/21 season