

2020-21 ACROFITNESS Schedule

TEAM CLASSES are reserved
2020/2021 NEW CLASS

*5 student minimum requirement to hold class *

CLASSES WILL RUN FOR 50 MINUTES

UPDATED 9/16/20

MONDAY

4:00	advance tumble	4:00	elite/xtreme tumble	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	<u>advance/elite tumble</u>	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 tumble

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 tumble	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 tumble	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>
				7:00	parkour 8+

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