

# 2021-22 ACROFITNESS Schedule

TEAM CLASSES are reserved

\*5 student minimum requirement to hold class \*

**\*CLASSES WILL RUN FOR 50 MINUTES\***

UPDATED 5/10/21

## 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+
				7:00	hip hop theater 12+

## TUESDAY

4:00	<u>LITTLE SPORT</u>	4:00	yogi stretch	4:00	peewee parkour 4-7
5:00	Acro hip hop 4+	5:00	mommy & me	5:00	Acro combo 4+
6:00	<u>HIP HOP TEAM</u>	6:00	trickNfit	6:00	parkour 8+
7:00	<u>JR HIP HOP TEAM</u>	7:00	advance tumble	7:00	elite/extreme tumble

## WEDNESDAY

4:00	Acro combo 4+	4:00	advance tumble	4:00	princess parkour 8+
5:00	Allstar tumble	5:00	elite/xtreme tumble	5:00	peewee parkour 4-7
6:00	<u>ALLSTAR</u>	6:00	ballet & backflips		

## 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	dance fitness 12+	6:00	<u>PARKOUR TEAM 1 &amp; 2</u>
7:00	<u>JUNIOR TEAM</u>			7:00	parkour 8+

## FRIDAY

5:00-7:00 Monthly OPEN GYM ages 8+ \$10 (Call ahead to sign up)

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