

# 2021-22 ACROFITNESS Schedule

TEAM CLASSES are reserved

\*5 student minimum requirement to hold class \*

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

UPDATED 8/23/21

## MONDAY

4:30	advance tumble	4:30	elite/xtreme tumble	4:30	peewee parkour 4-7
5:30	<u>SOPHOMORE TEAM</u>	5:30	acro intro 4+	5:30	mommy & me
6:30	<u>SENIOR TEAM</u>	6:30	acro hip hop 8+	6:30	parkour 8+
				7:30	hip hop theater 12+

## TUESDAY

4:30	<u>LITTLE SPORT</u>	4:30	yogi stretch	4:30	peewee parkour 4-7
5:30	Acro hip hop 4+	5:30	mommy & me	5:30	Acro combo 4+
6:30	<u>HIP HOP TEAM</u>	6:30	trickNfit	6:30	parkour 8+
7:30	<u>JR HIP HOP TEAM</u>	7:30	advance tumble	7:30	elite/extreme tumble

## WEDNESDAY

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

## THURSDAY

4:30	advance tumble	4:30	elite/xtreme tumble	4:30	flexible strength
5:30	teen tumble	5:30	hip hop theater 8+	5:30	parkour 8+
6:30	<u>FRESHMAN TEAM</u>	6:30	dance fitness 12+	6:30	<u>PARKOUR TEAM 1 &amp; 2</u>
7:30	<u>JUNIOR TEAM</u>			7:30	parkour 13+

## FRIDAY

5:30-7:30 Monthly OPEN GYM ages 8+ \$10 (Call ahead to sign up)

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