

# 2022-23 ACROFITNESS Schedule

TEAM CLASSES are reserved

5 student minimum requirement to hold class

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

UPDATED 8/11/2022

## MONDAY

4:30	advance tumble	4:30	elite/extreme tumble	4:30	peewee parkour 4-7
5:30	<u>SOPHOMORE TEAM</u>	5:30	mommy & me	5:30	acro combo 4-7
6:30	<u>SENIOR TEAM</u>	6:30	hiphop/tricking 8+	6:30	parkour 8+
7:30	hip hop theater 12+	7:30	teen tumble	7:30	parkour 13+

## TUESDAY

4:30	tumbling tutus 4-7	4:30	peewee parkour 4-7
5:30	<u>LITTLE SPORT</u>	5:30	flexible strength
6:30	<u>HIP HOP TEAM</u>	6:30	parkour 8+
7:30	<u>JR HIP HOP TEAM</u>	7:30	elite/extreme tumble

## WEDNESDAY

4:30	Acro combo 4-7	4:30	advance tumble	4:30	princess parkour 8+
5:30	<u>ALLSTAR</u>	5:30	elite/extreme tumble	5:30	peewee parkour 4-7

## THURSDAY

4:30	advance/elite tumble	4:30	acro combo 4-7	4:30	peewee parkour 4-7
5:30	<u>FRESHMAN TEAM</u>	5:30	dance fitness 12+	5:30	parkour 8+
6:30	<u>JUNIOR TEAM</u>	6:30	hip hop theater 8+	6:30	<u>PARKOUR TEAM 1 &amp; 2</u>
7:30	teen tumble	7:30	ballet & backflips 8+	7:30	parkour 13+