

“Breaking Barriers” Tumbling **WRK** Shop

DATE: June 3rd - 6th 2019

WHERE: WRK. PLC. 557 East Main St. Suite B

PRICE: \$150

MONDAY:

- ★ Stretch
- ★ Body Shapes and Handstands
- ★ Cartwheels and Roundoffs
- ★ Back Walkovers and Front Walkovers
- ★ Back Handsprings and Back Tucks
- ★ Front and Side Ariels
- ★ Overview of day and Showing Off New Skills

TUESDAY:

- ★ Stretch and Refresh
- ★ Body Shapes and Handstands
- ★ Drills and Conditioning
- ★ Cartwheels, Roundoffs, Back and Front Walkovers
- ★ Standing Back Handsprings and Back Tucks
- ★ Front and Side Ariels
- ★ Connecting Skills

WEDNESDAY: NO CLASSES

THURSDAY:

- ★ Stretch and Refresh
- ★ Body Shapes, Handstands, Drills, and Conditioning
- ★ Cartwheels, Roundoffs, Back and Front Walkovers
- ★ Back and Front Walkovers, Back Handsprings, and Back Tucks
- ★ Connections
- ★ Fun Cheer Stunts and Jumps
- ★ Show Off Skills Learned

MONDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Stretch	11:00-11:15	Masters Gymnastics Staff
Body Shapes and Handstands	11:15-11:30	Masters Gymnastics Staff
Cartwheels and Roundoffs	11:30-12:00	Masters Gymnastics Staff
Back Walkovers and Front Walkovers	12:00-1:00	Masters Gymnastics Staff
LUNCH	1:00-1:30	-----

Back Handsprings and Back Tucks	1:30-2:30	Masters Gymnastics Staff
Front and Side Aerials	2:30-3:00	Masters Gymnastics Staff
Overview of Day and Showing of New Skills	3:00-3:30	Masters Gymnastics Staff

TUESDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Stretch and Refresh	11:00-11:15	Masters Gymnastics Staff
Body Shapes and Handstands	11:15-11:30	Masters Gymnastics Staff
Drills and Conditioning	11:30-12:00	Masters Gymnastics Staff
Cartwheels, Roundoffs, Back & Front Walkovers	12:00-1:00	Masters Gymnastics Staff
LUNCH	1:00-1:30	-----
Standing Back Handsprings and Back Tucks	1:30-2:30	Masters Gymnastics Staff

Front and Side Aerials	2:30-3:00	Masters Gymnastics Staff
Connecting Skills	3:00-3:30	Masters Gymnastics Staff

****WEDNESDAY SCHEDULE: NO CLASSES****

THURSDAY SCHEDULE:

CLASS:	TIME:	INSTRUCTOR:
Stretch and Refresh	11:00-11:15	Masters Gymnastics Staff
Body Shapes, Handstands, Drills, and Conditioning	11:15-11:30	Masters Gymnastics Staff
Cartwheels, Roundoffs, Back and Front Walkovers	11:30-12:00	Masters Gymnastics Staff
Back and Front Walkovers, Back Handsprings, and Back Tucks	12:00-1:00	Masters Gymnastics Staff
LUNCH	1:00-1:30	-----
Connections	1:30-2:30	Masters Gymnastics Staff

Fun Cheer Stunts and Jumps	2:30-3:00	Masters Gymnastics Staff
Show Off Skills Learned	3:00-3:30	Masters Gymnastics Staff