	FRIDAY, APRIL 14TH	MONDAY, APRIL 17TH	TUESDAY, APRIL 18TH	SATURDAY, APRIL 22ND		SUNDAY, APRIL 23RD
	SEASON 11	PRE-TRYOUT TRAINING		PRE-TRYOUT TRAINING		
	OPEN HOUSE & OPEN TUMBLE 6:00 - 7:30 PM ** NO CHARGE ** COME CHECK US OUT!	INTRO TO BHS - \$25 7:45 - 9:15 PM <u>Recommended skills:</u> Handstand & Backbend <u>Working:</u> Backhandsprings	INTRO TO TUCKS - \$25 7:45 - 9:15 PM <u>Recommended skills:</u> standing & running bhs <u>Working:</u> running tucks	WALKOVERS - \$25 9:30 - 11:00 AM <u>Recommended skills:</u> Handstand & Backbend <u>Working:</u> Walkovers and Advanced Level 1 skills	BACK HANDSPRINGS & BOUNDERS - \$25 11:15 - 12:45 PM <u>Recommended skills:</u> Walkovers & Round-Off <u>Working:</u> Standing & Running Bhs, Specialty through Bhs	ADV. LAYOUTS & FULLS - \$25 2:30 - 4:00 PM <u>Recommended skills:</u> RUNNING LAYOUT <u>Working:</u> Layout form & Twisting
		PCP	R Y	INTRO TO TUCKS - \$25 1:00 - 2:30 PM <u>Recommended skills:</u> Standing & Running BHS <u>Working:</u> Running Tucks	ADV. TUCKS & LAYOUTS - \$25 2:45 - 4:15 PM <u>Recommended skills:</u> standing multiple bhs & Robhs Tuck <u>Working:</u> level 3 & level 4 specialties	OPEN GYM - \$15 5:30 - 6:30 PM CASH ONLY AT THE DOOR
PRE-TRYOUT						
	PRE-TH	RYOUT	FRIDAY,		RDAY,	SUNDAY,
			FRIDAY, MAY 5TH		RDAY, 6th	SUNDAY, MAY 7TH
	PRE-TH TRAII				6ТН	
		NING	MAY 5TH Intro to BHS - \$25 6:00 - 7:30 PM	MAY Pre-tryou Walkovers - \$25 9:30 - 11:00 AM	6TH T TRAINING BACK HANDSPRINGS & BOUNDERS - \$25 11:15 - 12:45 PM	MAY 7TH Adv. Layouts & Fulls - \$25 2:30 - 4:00 PM
	TRAII Reserve	VING Your	MAY 5TH Intro to BHS - \$25 6:00 - 7:30 PM Recommended skills: Handstand & Back Bend	MAY Pre-tryou Walkovers - \$25 9:30 - 11:00 Am Recommended skills: Handstand & back bend	6TH TRAINING BACK HANDSPRINGS & BOUNDERS - \$25 11:15 - 12:45 PM <u>RECOMMENDED SKILLS:</u> WALKOVERS & ROUND-OFF	MAY 7TH Adv. Layouts & Fulls - \$25 2:30 - 4:00 PM Recommended skills: Running Layout
	TRAII	YOUR DDAY.	MAY 5TH Intro to BHS - \$25 6:00 - 7:30 PM Recommended skills: Handstand & Back Bend <u>Working:</u> Back Handsprings	MAY Pre-tryou Walkovers - \$25 9:30 - 11:00 Am Recommended skills: Handstand & Back Bend <u>Working:</u> Walkovers and Advanced Level 1 skills	6TH TRAINING BACK HANDSPRINGS & BOUNDERS - \$25 11:15 - 12:45 PM <u>RECOMMENDED SKILLS:</u> WALKOVERS & ROUND-OFF <u>WORKING:</u> STANDING & RUNNING BHS, SPECIALTY THROUGH BHS	MAY 7TH Adv. Layouts & Fulls - \$25 2:30 - 4:00 PM Recommended skills: Running Layout Working: Layout Form & Twisting
S	TRAI RESERVE SPOT TO IGN UP F	YOUR YOUR DDAY. OR ONE	MAY 5TH Intro to BHS - \$25 6:00 - 7:30 PM <u>Recommended skills:</u> Handstand & Back Bend <u>Working:</u> Back	MAY Pre-tryou Walkovers - \$25 9:30 - 11:00 Am <u>Recommended skills:</u> Handstand & Back Bend <u>Working:</u> Walkovers and Advanced	6TH TRAINING BACK HANDSPRINGS & BOUNDERS - \$25 11:15 - 12:45 PM <u>RECOMMENDED SKILLS:</u> WALKOVERS & ROUND-OFF <u>WORKING:</u> STANDING & RUNNING BHS, SPECIALTY THROUGH BHS ADV. TUCKS & LAYOUTS - \$25	MAY 7TH ADV. LAYOUTS & FULLS - \$25 2:30 - 4:00 PM <u>Recommended skills:</u> RUNNING LAYOUT <u>WORKING:</u> LAYOUT FORM & TWISTING OPEN GYM - \$15 5:30 - 6:30 PM
S	TRAI RESERVE SPOT TO SIGN UP F OR AS M/	YOUR YOUR DDAY. OR ONE ANY AS	MAY 5TH INTRO TO BHS - \$25 6:00 - 7:30 PM <u>Recommended skills:</u> Handstand & back bend <u>Working:</u> back Handsprings INTRO TO TUCKS - \$25 7:45 - 9:15 PM <u>Recommended skills:</u>	MAY PRE-TRYOU WALKOVERS - \$25 9:30 - 11:00 AM <u>Recommended skills:</u> Handstand & back bend <u>Working:</u> Walkovers and advanced Level 1 skills INTRO TO TUCKS - \$25 1:00 - 2:30 PM <u>Recommended skills:</u>	6TH TRAINING BACK HANDSPRINGS & BOUNDERS - \$25 11:15 - 12:45 PM <u>RECOMMENDED SKILLS:</u> WALKOVERS & ROUND-OFF <u>WORKING:</u> STANDING & RUNNING BHS, SPECIALTY THROUGH BHS ADV. TUCKS & LAYOUTS - \$25 2:45 - 4:15 PM <u>RECOMMENDED SKILLS:</u>	MAY 7TH Adv. Layouts & Fulls - \$25 2:30 - 4:00 PM <u>Recommended Skills:</u> Running Layout <u>Working:</u> Layout Form & Twisting Open Gym - \$15
S	TRAI RESERVE SPOT TO IGN UP F	YOUR YOUR DDAY. OR ONE ANY AS D LIKE!	MAY 5TH INTRO TO BHS - \$25 6:00 - 7:30 PM <u>Recommended skills:</u> Handstand & back bend <u>Working:</u> back Handsprings INTRO TO TUCKS - \$25 7:45 - 9:15 PM	MAY PRE-TRYOU WALKOVERS - \$25 9:30 - 11:00 AM <u>Recommended skills:</u> Handstand & Back Bend <u>Working:</u> Walkovers and Advanced Level 1 skills INTRO TO TUCKS - \$25 1:00 - 2:30 PM	6TH TRAINING BACK HANDSPRINGS & BOUNDERS - \$25 11:15 - 12:45 PM <u>RECOMMENDED SKILLS:</u> WALKOVERS & ROUND-OFF <u>WORKING:</u> STANDING & RUNNING BHS, SPECIALTY THROUGH BHS ADV. TUCKS & LAYOUTS - \$25 2:45 - 4:15 PM	MAY 7TH ADV. LAYOUTS & FULLS - \$25 2:30 - 4:00 PM <u>Recommended skills:</u> RUNNING LAYOUT <u>WORKING:</u> LAYOUT FORM & TWISTING OPEN GYM - \$15 5:30 - 6:30 PM CASH ONLY

3/9/23