

Monday		Tuesday		Wednesday	
Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs
	5:00-6:30 Tinys Practice	5:30-7:15 Mini Practice		5:00-6:00 Beginner Tumbling Ages 10 & Under	6:00-7:00 Senior 5 Tumble
6:00-7:00 Senior 4.2 tumble	7:00-7:30 Senior 4.2 conditioning	7:15-8:45 JR3 Practice		6:00-7:30 Open Tumbling	7:00-8:00 Senior 4.2 practice
7:00-8:00 Senior 5 tumble	8:00-9:00 Senior 5 practice		7:30-8:00 Flexibility Free with OT	7:00-8:30 Senior 5 Practice	
				8:00-9:00 Senior 4.2 practice	

Thursday		Friday		Saturday	
Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs
5:00-6:00 Youth tumble	5:00-6:00 Beginner Open Tumbling		3:00-4:30 Level 5 tumble	10:00-12:00 1/2 year team Practice	
6:00-7:00 Youth Practice	6:00-7:00 JR3 Tumble		4:00-5:30 Open Tumbling Intermediate/Advanced Level 3 -5 Cheerleaders	11:00-12:30 Special Needs Practice	
	7:00-8:30 Open Tumbling				12:30-2:00 Open Tumbling
	8:30-9:00 Flexibility Free with OT				

Sunday					
Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs
11:00-12:00 Mini Practice	11:00-12:00 Open tumbling				
12:00-1:00 Youth practice	12:00-1:00 Mini Tumble				
1:00-3:00 JR3 Practice	1:00-2:00 Youth Practice				
3:00-5:00 Available for privates					
5:00-7:00 Senior 4.2 Practice	7:00-9:00 SR 4 Practice				