

# WINTER 2026



	Monday		Tuesday		Wednesday		Thursday	
<b>4pm</b>	Basic / Basic 2 BHS Series / Tuck <b>AS Stunt</b> <b>AS Jumps – Minis</b>	MS KB CC <b>Staff</b> <b>CMC</b>	Kinder Kids Basic 2 / BHS Series Tuck Stunt <b>AS Training</b> <b>AS Jumps</b>	KB MS CMC CC Staff <b>AW</b> <b>MP</b>	Kinder Kids Basic / Basic 2 BHS / Series <b>AS Flyer Flex</b> <b>AS Stunt</b> <b>AS Training</b> <b>AS Strength &amp; Conditioning</b>	MS KB CC <b>AC</b> <b>Staff</b> <b>MP</b>	Basic / Basic 2 BHS / Series Tuck <b>AS Jumps</b>	FG CC MR <b>CMC</b>
<b>5pm</b>	BHS <b>AS Flyer Flex</b> <b>AS Training</b>	CC <b>AC</b> <b>AW</b>	Basic Standing Tuck <b>AS Boss Basing Level 1</b>	MS CC	Basic 2 / BHS Series / Tuck Layout / Twist <b>AS Boss Basing Level 2</b>	MS CMC CC	Basic 2 / BHS Series / Tuck Flyer Flex <b>AS Stunt</b> <b>AS Training</b>	CC CMC CJ <b>Staff</b> <b>MP</b>
<b>6pm</b>	Basic / Basic 2 Tuck / Layout	MS CC	BHS Lay / Twist <b>AS Flyer Flex</b>	MS CC <b>AC</b>	Basic Tuck / Layout Jumps <b>AS Boss Basing Level 3 &amp; 4</b>	MS CC MR	BHS / Series Tuck Jumps <b>AS Flyer Flex</b> <b>AS Strength &amp; Conditioning</b>	MR CC MP <b>AC</b>
<b>7pm</b>	Series / Tuck Jumps <b>AS Boss Basing Level 4.2</b> <b>AS Training</b>	CC KB <b>FG</b>	Basic / Basic 2 BHS Series / Tuck <b>AS Stunt</b>	MS KB CC <b>Staff</b>	BHS Cheer Prep <b>AS Jumps</b>	CC JS <b>CMC</b>	Layout / Twist <b>AS Jumps</b>	CC <b>CJ</b>
<b>7:30pm</b>					<b>AS Strength &amp; Conditioning</b>			
<b>8pm</b>	Layout / Twist	CC	12 & Up (BHS & Below) 12 & Up (Tuck & Up)	FG CC	No Springs Attached	CC	BHS / Series	CC
<b>SUN</b>	12:30 pm 12 & Up (BHS & Below)	JS	1:30pm Cheer Prep	JS	2:30pm Basic/Basic 2	JS	3:30pm BHS/Series <b>AS Boss Basing Level 6</b>	JS



Costs	Coaches
Annual Registration Fee - \$60 Per 10 Week Session: One Class: \$250 Two Classes: \$380 Unlimited: \$475 *Must Pre-Register for Classes* <b>*Sunday Classes have 6 week Sessions*</b>	AC Amanda Christiansen KB Kendall Brazzell AW Ashley Weaver MP Madison Peters CJ Chrissy Jules MR Makayla Rogers CC Chris Caldwell CMC Courtney Mercer Caldwell FG Fladio Gamboa JS John Stuart MS Mia Sanchez DP Devin Premsingh
Session Dates	Gym Closings
Winter Session: January 5 <sup>th</sup> – March 13 <sup>th</sup> Spring Session: March 22 <sup>nd</sup> – May 29 <sup>th</sup>	Winter Session: Feb. 1 <sup>st</sup> , Feb. 15 <sup>th</sup> -16 <sup>th</sup> , Feb. 26 <sup>th</sup> – March 1 <sup>st</sup> , March 15 <sup>th</sup> – March 21 <sup>st</sup>
Tumbling Classes	Specialty Classes
Kinder Kids Class – Ages 3-6 years old Ratio 8:1 Basic Tumble – Starts at 6 years old Ratio 10:1 Basic 2 Tumble – Ratio 10:1 Back Handspring (BHS) – Ratio 10:1 Series – Ratio 10:1 Back Tuck (Tuck) – Ratio 10:1 Layout (Lay) – Ratio 10:1 Twist – Ratio 10:1 Skill Connection – Ratio 10:1 Standing Tuck – Ratio 10:1 12 & Up – Ratio 10:1 No Springs Attached – Ratio 10:1	Stunt Class – Group Stunting – Ratio 10:3 Let's Fly – Two Man Stunting – Ratio 5:2 Flyer Flex – Stretching Class – Ratio 25:1 Jumps – Cheer Jumps Class – Ratio 25:1 Boss Basing – Stunting Class focusing on Base Education – Ratio 25:1 All Star Training – Elite Team Training Ratio 25:1 Strength & Conditioning – Elite Team Strength Training 25:1  <b>All Star Classes – All bolded classes are for Elite Team Members Only.</b>