

WINTER 2026



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



Costs	Coaches
Annual Registration Fee - \$60 Per 10 Week Session: One Class: \$250 Two Classes: \$380 Unlimited: \$475 *Must Pre-Register for Classes* *Sunday Classes have 6 week Sessions*	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 th – March 13 th Spring Session: March 22 nd – May 29 th	Winter Session: Feb. 1 st , Feb. 15 th -16 th , Feb. 26 th – March 1 st , March 15 th – March 21 st
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 All Star Classes – All bolded classes are for Elite Team Members Only.