

SPRING 2026



	Monday		Tuesday		Wednesday		Thursday	
4pm	Basic 2 / BHS Series / Tuck AS Stunt AS Jumps – Minis	MP CC Staff CMC	Series / Tuck Stunt AS Jumps	CC Staf MP	Kinder Kids Basic / Basic 2 BHS / Series AS Flyer Flex AS Stunt AS Strength & Conditioning	MS CMC CC AC Staff	Basic 2 / BHS Series / Tuck AS Jumps	MP CC CMC
5pm	Kinder Kids BHS AS Flyer Flex	MS CC AC	Basic / Basic 2 Standing Tuck	MS CC	Basic 2 / BHS Series / Tuck Layout / Twist	MS CMC CC	Basic 2 / BHS Series / Tuck Flyer Flex AS Stunt	CC CMC CJ Staff
6pm	Basic / Basic 2 Tuck / Layout	MS CC	BHS Lay / Twist Jumps AS Flyer Flex	MS CC MP AC	Tuck / Lay Jumps	CC MR	BHS / Series Tuck Jumps AS Flyer Flex AS Strength & Conditioning	MR CC MP AC
7pm	Series / Tuck Jumps	CC KB	Basic / Basic 2 Series / Tuck AS Stunt	MS CC Staff	BHS AS Jumps	CC CMC	Layout / Twist AS Jumps	CC MP
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	JS
Session Dates					Gym Closings			
Spring Session: March 22 nd – May 29 th					April 3-5 th , April 12 th , May 3 rd , May 24 th – 25 th			



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*	<table border="0"> <tr> <td>AC Amanda Christiansen</td> <td>KB Kendall Brazzell</td> </tr> <tr> <td>AW Ashley Weaver</td> <td>MP Madison Peters</td> </tr> <tr> <td>CJ Chrissy Jules</td> <td>MR Makayla Rogers</td> </tr> <tr> <td>CC Chris Caldwell</td> <td>CMC Courtney Mercer Caldwell</td> </tr> <tr> <td>FG Fladio Gamboa</td> <td>JS John Stuart</td> </tr> <tr> <td>MS Mia Sanchez</td> <td>DP Devin Premsingh</td> </tr> </table>	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
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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.												