

Fall 2026



	Monday		Tuesday		Wednesday		Thursday	
4pm	Basic / Basic 2 Series Tuck AS Training	MS FG CC AW	Kinder Kids BHS / Series AS Stunt (M2 & Y1) AS Jumps	MS CC Staff MP	Basic 2 / BHS Series Layout AS Flyer Flex (Y2 & J2)	MP CMC CC AC	Basic Basic 2 BHS Series Tuck Jumps AS Training	FG MS CC CMC MP MR AW
4:30pm	AS Boss Basing M2	Staff						
5pm	BHS AS Boss Basing Y2 AS Flyer Flex (OPEN)	CC AW AC	BHS Tuck Stunt	MS CC Staff	BHS Series / Tuck AS Flyer Flex (J3 & J4) AS Stunt (Y2) AS Training	CMC CC AC Staff MP	Lay / Twist AS Jumps	CC MP
6pm	Lay / Twist AS Boss Basing Y1 AS Strength&Conditioning	CC MP AW	Basic Series / Tuck Lay / Twist AS Stunt (J2 & OPEN)	MS CMC CC Staff	Lay / Twist AS Jumps AS Stunt (J3 & J4)	CC CMC Staff	BHS Series / Tuck Layout AS Flyer Flex (4.2 & 5/6)	CMC MP CC AC
7pm	Basic 2 / BHS Series / Tuck AS Jumps	FG CC MP	Basic 2 / BHS Flyer Flex Jumps AS Training AS Strength & Conditioning	CC MS CMC MP FG	BHS / Series AS Boss Basing (J2 & J3)	CC Staff	Basic / Basic 2 BHS Series / Tuck AS Stunt (4.2 & 5/6)	MS MP CC Staff
7:30	AS Training	CMC						
8pm	12 & Up (Tuck & UP)	CC	Twist	CC	12 & Up (BHS & Below)	CC	No Springs Attached	CC
SUN	2:30pm AS Flyer Flex (M2 & Y1) AS Strength & Conditioning				3:30pm AS Jumps			
Session Dates					Gym Closings			
Fall Session 1: August 17 th – October 9 th Fall Session 2: October 13 th – December 18 th					Sept 4 th – 7 th , Oct. 11 th & 12 th , November 22 nd – 27 th , December 21 st – Jan 2 nd			



Costs	Coaches												
Annual Registration Fee - \$60 Per 8 Week Session 1: One Tumbling Class: \$220 One Specialty Class: \$240 2 nd Class Discount 25% 3 rd Class & Beyond Discount 50% Pick 3 Class: \$480 (No Team Discounts – Made in 2 payments) *Must Pre-Register for Classes*	<table> <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.												