

Summer Morning Workouts

Monday - Saturday

**NOW
THROUGH
AUGUST 29**

Monday Morning Tumbling With Coach Shelly & Ivania

9:00-10:00 am	Walkovers	6-12
10:00-11:00 am	BHS	6-10
10:00-11:00 am	BHS	11+

Tuesday Morning Tumbling With Coach Shelly

9:00-10:00 am	Level 2/3 & 3	all ages
9:00-10:00 am	¾ & 4	all ages
10:00-11:00 am	Twist It	all ages

Wednesday Morning Tumbling With Coach Shelly & Ivania

9:00-10:00 am	Level 1	7+
10:00-11:00 am	Walkovers	7+
10:00-11:00 am	BHS	8+

Saturday Morning Tumbling

Coach Amanda

9:00-9:45 am	Parent n Me	2-3 y
9:00-9:45 am	Tiny Tumbling	3-5 y
10:00-11:00 am	Lvl 1/2	6-12 y

Coach Charlene

8:45-9:45 am	Flyer Fit	6-12 y
10:00-11:00 am	Jump Jam	8+ y

Coach Shelly & Ivania

9:15-10:15 am	BHS	all ages
10:15-11:15 am	Back Tucks & Above	all ages

Thursday Morning Tumbling With Coach Shelly

9:00-10:00 am	Back Tucks	all ages
9:00-10:00 am	Combo Passes Lvl 3-5	all ages
10:00-11:00 am	Front Tumbling Lvl 3-5	all ages

