



901 Central Park Dr
Sanford, FL 32771
407-831-4500

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Tumbling				
Level 1	6:00-7:00 Jason	5:00-6:00 Megan S.	7:00-8:00 Megan S.	5:00-6:00 Jason
				6:00-7:00 Daniel
Level 1/2	7:00-8:00 Megan M.	5:30-6:30 Octavious	5:00-6:00 Jason	
Level 2	6:00-7:00 Bella	4:30-5:30 Jason	6:00-7:00 Bella	6:00-7:00 Jason
Level 2/3	5:00-6:00 Jason	6:00-7:00 Jason		4:30-5:30 Octavious
Level 3		5:00-6:00 Megan M.	6:00-7:00 Jason	
Level 3-5			4:00-5:00 Jason	7:00-8:00 Jason
Level 4/5		7:00-8:00 Jason		
Level 4-6	4:00-5:00 Octavious			
	7:00-8:00 Jason			
Cheerleading				
Tiny Cheer (ages 3-6)	5:00-6:00 Bella		5:00-6:00 Bella	5:00-6:00 Daniel
Cheer 101 (Ages 7+)			6:30-7:30 Shelly	4:30-5:30 Megan S.
Jumps			5:30-6:30 Shelly	
Flyer (Team Athletes Only)				
Flexibility & Stretching		5:00-6:00 Daniel		7:00-8:00 Karlie
Baskets		6:00-7:00 Daniel		
Dance				
Hip Hop Tricks (Ages 3-6)				5:30-6:30 Chelsea
Hip Hop Tricks (Ages 7+)			4:30-5:30 Octavious 7:00-8:00 Bella	
Beginner Hip Hop		7:00-8:00 Ava		
Int/Advanced Hip Hop			5:00-6:00 London	

PLEASE NOTE:

- Minimum class size is 3 active students: any less may result in a schedule change.
- Assigned instructors are subject to change.
- Make up classes must be scheduled through the front desk.
- Updated 12/15/2021