



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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|------------------------------------|--|------------------|----------------------------------|--------------------|
| Tumbling | | | | | |
| Level 1 | 5:00-6:00 Jason 5:30-6:30 Giana | | | 4:30-5:30 Ali 5:00-6:00 Jason | 4:30-5:30 Megan S. |
| Level 1/2 | 6:30-7:30 Alexis | 6:00-7:00 Jackie | 5:00-6:00 Jason | 7:00-8:00 Ali | |
| Level 2 | 5:00-6:00 Jackie | 5:00-6:00 Jason 7:00-8:00 Ali | 7:00-8:00 Jason | 6:00-7:00 Jason | 4:30-5:30 Samantha |
| Level 2/3 | 6:00-7:00 Jason | 6:00-7:00 Shelly | | | |
| Level 3-5 | | | 6:00-7:00 Jason | 7:00-8:00 Jason | |
| Level 3/4 | | 4:00-5:00 Octavious 6:00-7:00 Jason | | | |
| Level 4-6 | 7:00-8:00 Jason | 7:00-8:00 Jason | | | |
| Tumbling Tricks | | 7:00-8:00 London | 6:00-7:00 Cody | 5:00-6:00 Jana | |
| Cheerleading | | | | | |
| Tiny Cheer (ages 3-6) | 4:00-5:00 Karlie | 4:30-5:30 Ali | 4:00-5:00 Daniel | 5:00-6:00 Jess | |
| Cheer 101 (Ages 7+) | 6:00-7:00 Jackie | 5:00-6:00 Shelly | | 6:00-7:00 Jess | |
| Flyer (Team Athletes Only) | | | | | |
| Flexibility & Stretching | | | 4:00-5:00 Karlie | 6:00-7:00 Megan S. | |

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 9/1/2023