

Extreme Tumbling
 965 Patrick Industrial Ct.
 Winder, GA 30680
 Office: 678-910-2227

CURRENT CLASS SCHEDULE

August & September

****Stay Tuned to our Website for CLOSING DATES & HOLIDAYS****

REGISTER for classes, Schedule a payment and more online: extremegymwinder.com

VIEW our MEMBER POLICIES PAGE on our website for PRICES & HOLIDAYS

MONDAY CLASSES				
Time	Type	Class Name	Ages	Coach
4:30-5:15	Core	Handspringer	4-5 yrs	Bryнна
4:30-5:30	Core	Silver 2	10+ yrs	Sarah
4:30-5:30	Core	Jr Advanced	6-10 yrs	Reagan
4:30-5:30	Core	Ninja Jr	4-6 yrs	Jack
5:00-6:30	Elite	LEGEND T&T	LA TEAM	Katie/Tiff
5:30-6:15	Core	Upsidedowner	3-4 yrs	Mckenzie
5:30-6:30	Core	Jr Tumble	5-9 yrs	Sarah
5:30-6:30	Core	Jr Advanced	6-10 yrs	Reagan
5:30-6:30	Core	Ninja Kids	6-10 yrs	Jack
5:30-6:30	Core	Silver 1	10+ yrs	Bryнна
5:30-6:15	Focus	FLYER FLEX	6+	Liz
6:15-7:30	Focus	STUNTING L3+	10+	Jon/Reagan
6:15-7:15	Core	Jr Tumble	5-9 yrs	Jack
6:30-7:15	Core	Handspringer	4-5 yrs	Bryнна
6:30-7:30	Core	Ninja Kids	6-10 yrs	Mckenzie
6:30-7:30	Core	Gold 3	10+ yrs	Katie
6:30-8	Elite	GRAPE	ALLSTARS	Liz/Sarah/Reagan
6:30-8	Elite	APPLE	ALLSTARS	Syd/Jack/Tiff
7:30-8:30	Core	Acro & Trampoline	6+	Katie
8-9:30	Elite	COCO	ALLSTARS	Tiffany

WEDNESDAY CLASSES				
Time	Type	Class Name	Ages	Coach
9:30-11:30	Core	Daytime Playtime	5u	Tiffany
4:30-5:15	Core	Handspringer	4-5 yrs	Tiffany
4:30-5:30	Core	Ninja Jr	4-6 yrs	Jack
4:30-5:30	Core	Jr Tumble	5-9 yrs	Bryнна
5:00-6:00	Core	Silver 1	10+ yrs	Reagan
5:00-6:30	Elite	LEGEND T&T	LA TEAM	Katie
5:30-6:15	Core	Parent & Tot	u3	Tiffany
5:30-6:15	Core	Handspringer	4-5 yrs	Bryнна
5:30-6:30	Core	Jr Advanced	6-10 yrs	Sarah
5:30-6:30	Core	XMA Jr	6-10 yrs	Jack
6:00-7:00	Core	Silver 2	10+ yrs	Reagan
6:30-7:15	Core	Handspringer	4-5 yrs	Bryнна
6:30-7:30	Elite	MINT	ALLSTARS	Tiffany/Jasmyn
6:30-7:30	Core	Ninja Kids	6-10 yrs	Jack
6:30-7:30	Core	Acro & Tumble	6+	Katie
6:30-7:30	Core	Gold	10+	Sarah
7:15-8:15	Core	Jr Tumble	5-9 yrs	Reagan
7:15-8:15	Core	Silver 2	10+ yrs	Bryнна
7:30-8:30	Elite	ROSE	ALLSTARS	Tiffany
7:30-8:30	Core	Adult Tumble	16+	Jack

TUESDAY CLASSES				
Time	Type	Class Name	Ages	Coach
4:30-5:30	Core	Jr Tumble	5-9 yrs	Sarah
4:30-5:30	Core	Silver 1	10+ yrs	Reagan
4:30-5:30	Core	Ninja Jr	4-6 yrs	Jack
4:30-5:30	Core	XMA Jr	6-9 yrs	McKenzie
4:45-5:30	Focus	FLYER FLEX	6+	Sydney
5:30-6:15	Core	Upsidedowner	3-4 yrs	Bryнна
5:30-6:30	Core	Jr Tumble	6-9 yrs	Sarah
5:30-6:30	Core	Ninja Jr	4-6 yrs	Mckenzie
5:30-6:30	Core	Twister T&T	6-12 yrs	Jack
5:30-7	Core	Advanced 4/5	12+ yrs	Jonathan
5:30-7	Elite	MELON	ALLSTARS	Liz
5:30-7	Elite	PEACH	ALLSTARS	Tiff
5:30-7	Elite	KIWI	ALLSTARS	Syd/Reagan
6:15-7:15	Core	Jr Advanced	6-10 yrs	Bryнна
6:30-7:30	Core	XMA Sr	10+ yrs	Jack
6:30-7:30	Core	Jr Advanced	6-10 yrs	Mckenzie
6:30-7:15	Core	Handspringer	4-5 yrs	Sarah
6:30-8	Elite	MANGO	ALLSTARS	Tiff/Liz/Sarah
7-8:30	Block	WBHS/Sept Stunt	HS	Jon/Jack
7:30-8:30	Core	Silver 1	10+ yrs	Bryнна

THURSDAY CLASSES				
Time	Type	Class Name	Ages	Coach
4:15-5:00	Core	Parent & Tot	u3	Bryнна
5:00-6:00	Core	Jr Advanced	6-10 yrs	Bryнна
5:15-6:15	Core	Jr Tumble	5-9 yrs	Jack
5:30-6:15	Core	Upsidedowner	3-4 yrs	Sarah
5:30-6:30	Core	Silver 2	10+	Reagan
5:30-6:30	Core	Ninja Jr	4-6 yrs	McKenzie
5:30-7	Elite	PEACH	ALLSTARS	Syd
5:30-7	Elite	MELON	ALLSTARS	Liz
5:30-7	Elite	GRAPE	ALLSTARS	Tiffany
6:00-7:00	Core	Gymnastics 1	6-10 yrs	Bryнна
6:15-7:00	Core	Handspringer	4-5 yrs	Sarah
6:30-7:30	Core	Jr Tumble	5-9 yrs	McKenzie
6:30-7:30	Core	Silver 1	10+ yrs	Reagan
6:30-7:30	Core	XMA Sr	10+ yrs	Jack
6:30-8	Elite	MANGO	ALLSTARS	Tiff/Bryнна
6:30-7:30	Core	Gold 3	10+	Katie
7-8:30	Elite	APPLE	ALLSTARS	Liz/Syd/Sarah
8-9:30	Elite	COCO	ALLSTARS	Tiffany/Jack
7:45-8:45	Core	Krav Maga	18+ yrs	Gina

CLASS TYPES:

Core: beginner classes, structured and fun, non competitive style

Elite: structured classes working towards competitive skills-prerequisite requirements

Focus: skill specific classes working on mastery of one skill-prerequisite requirements

LA Team: competitive teams offered for Cheerleading, Trampoline & Power Tumbling

OPEN GYM FRIDAY NIGHTS: 6:30 -8 \$10 for members

Book your Birthday Party with us! \$150 to reserve the gym!

