

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

CURRENT CLASS SCHEDULE

JUNE-JULY

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

REGISTER for classes, Schedule a payment & more at: 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	Brynna
4:30-5:30	Core	Silver 2	10+ yrs	AJ
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	AllStar	LEGEND T&T	LA TEAM	Katie
5:30-6:15	Core	Upsidedowner	3-4 yrs	Mckenzie
5:30-6:30	Core	Jr Tumble	5-9 yrs	AJ
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	Brynna
5:30-6:15	Focus	FLYER FLEX	TOPS 6+	Liz/ Sydney
6:15-7:30	Elite	STUNTING L3+	TOPS 10+	Jon/Jack
6:15-7:15	Core	Jr Tumble	5-9 yrs	Sarah
6:30-7:15	Core	Handspringer	4-5 yrs	Brynna
6:30-7:30	Core	Ninja Kids	6-10 yrs	Mckenzie
6:30-7:30	Core	Gold 3	10+ yrs	Katie
6:30-7:30	Elite	NOVICE	TOPS 3-6yrs	Maddie
6:30-8	Elite	LEVEL 1	TOPS 6-10y	AJ
6:30-8	Elite	LEVEL 1.5	TOPS 6-10y	Liz/Rea
6:30-8	Elite	LEVEL 2	TOPS 8-14y	Tiff/Sydney
7:30-8:30	Core	Acro & Tramp	8+	Katie

WEDNESDAY CLASSES				
Time	Type	Class Name	Ages	Coach
4:30-5:15	Core	Handspringer	4-5 yrs	AJ
4:30-5:30	Core	Ninja Jr	4-6 yrs	Sarah
4:30-5:30	Core	Jr Tumble	5-9 yrs	Brynna
4:30-5:30	Core	Level 4*	10+ yrs	Jack
5:00-6:00	Core	Silver 1	10+ yrs	Reagan
5:00-6:30	AllStar	LEGEND T&T	LA TEAM	Katie/Tiff
5:30-6:15	Core	Parent & Tot	u3	AJ
5:30-6:15	Core	Handspringer	4-5 yrs	Brynna
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
6:15-7:15	Core	Gymnastics 2	10+ yrs	AJ
6:30-7:15	Core	Handspringer	4-5 yrs	Brynna
6:30-7:30	Elite	NOVICE	TOPS 3-6 y	Tiffany
6:30-7:30	Core	Ninja Kids	6-10 yrs	Jack
6:30-7:30	Core	Gold 3	10+	Sarah
7-8:30	Elite	STUNTING L2+	TOPS 8+ yr	Katie/Sarah
7:15-8:15	Core	Jr Tumble	5-9 yrs	Reagan
7:15-8:15	Core	Silver 2	10+ yrs	AJ
7:30-8:30	Core	Adult Tumble	16+	Jack
7:30-9:30	Elite	Open IOC	14+	Jonathan/Tiff

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	McKenzie
4:30-5:30	Core	Ninja Jr	4-6 yrs	Jack
4:30-5:30	Core	XMA Jr	6-9 yrs	AJ
5:30-6:15	Core	Upsidedowner	3-4 yrs	AJ
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	Level 5	12+ yrs	Jonathan
5:30-7	Elite	LEVEL 1.5	TOPS 8+	Tiff/Liz
5:30-7	Elite	LEVEL 3	TOPS 8+	Sydney
6:15-7:15	Core	Jr Advanced	6-10 yrs	AJ
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	LEVEL 2.5	TOPS 8+	Tiff
7-7:30	Focus	FLYER FLEX	TOPS 6+	Sydney/Liz
7-8:30	Block	WBHS	HS	Jon/Jack
7:30-8:30	Core	Silver 1	10+ yrs	AJ

THURSDAY CLASSES				
Time	Type	Class Name	Ages	Coach
4:15-5:00	Core	Parent & Tot	u3	AJ
5:00-6:00	Core	Jr Advanced	6-10 yrs	Brynna
5-6:30	Elite	LEVEL 1.5	TOPS 6+	Tiff
5:15-6:15	Core	Jr Tumble	5-9 yrs	AJ
5:15-6:30	Elite	STUNTING L1+	TOPS 6+	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	LEVEL 1	TOPS 6+	Maddi
6:00-7:00	Core	Gymnastics 1	6-10 yrs	Brynna
6:15-7:00	Core	Handspringer	4-5 yrs	Sarah
6:30-7:30	Core	Jr Tumble	5-9 yrs	AJ
6:30-7:30	Core	Silver 1	10+ yrs	Reagan
6:30-7:30	Core	XMA Sr	10+ yrs	McKenzie
6:30-8	Elite	LEVEL 2	TOPS 6+	Tif/Liz
6:30-8	Elite	LEVEL 3&4	TOPS 8+	Jack
7-8:30	Elite	LEVEL 2.5	TOPS 8+	Maddi
7:30-8:30	Focus	ALL LEVELS ST	TOPS	AJ/Reagan
7:30-8:30	Core	Gold 3	10+ yrs	Sarah
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-prerequ

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!

