

Extreme Tumbling	<b>CURRENT CLASS SCHEDULE</b>		
965 Patrick Industrial Ct.	<a href="http://www.extremegymwinder.com">www.extremegymwinder.com</a>		
Winder, GA 30680	<b>**Stay Tuned to our Website for CLOSING DATES &amp; HOLIDAYS**</b>		
Office: 678-910-2227	<b>REGISTER for classes online! Click the Schedule A Class tab!</b>		
	VIEW our MEMBER POLICIES PAGE on our website for PRICES & HOLIDAYS		

MONDAY CLASSES			
Time	Class Name	Ages	Coach
4:30-5:15	Handspringer	4-5 yrs	Kylee
4:30-5:30	Silver 2	10+ yrs	AJ
4:30-5:30	Jr Advanced	6-10 yrs	Reagan
4:30-5:30	Ninja Jr	4-6 yrs	McKenzie
5:30-6:15	Upsidedowner	3-4 yrs	Sarah
5:30-6:30	Jr Tumble	5-9 yrs	AJ
5:30-6:30	Jr Advanced	6-10 yrs	Reagan
5:30-6:30	Ninja Kids	6-10 yrs	McKenzie
5:30-6:30	Silver 1	10+ yrs	Kylee
5:30-7	IGNITE Y1	LA TEAM	Tiffany/Liz
5:30-6:15	FLYER FLEXIBILITY	FOCUS 6+	Madi
6:15-7:30	STUNTING L3+	ELITE 10+	Jon/Madi
6:15-7:15	Jr Tumble	5-9 yrs	Sarah
6:30-7:15	Handspringer	4-5 yrs	Skylar
6:30-7:30	Ninja Kids	6-10 yrs	McKenzie
6:30-7:30	Gold 3	10+ yrs	Katie
6:30-8	INSANITY Y2	LA TEAM	Tiffany/Liz
6:30-8	INSPIRE PREP	LA TEAM	AJ/Rea
7:00-8:15	IDOL (Barrow Rec)	LA TEAM	Brynna/Sar
7:30-8:30	ALLSTAR L2 TUMBLE	ELITE 10+	Kylee/Jon
7:30-8:30	TRAMPOLINE TEAM	LA TEAM	Katie/Madi
7:45-8:45	Krav Maga	18+	Gina

TUESDAY CLASSES			
Time	Class Name	Ages	Coach
4:30-5:30	Jr Tumble	5-9 yrs	Sarah
4:30-5:30	Silver 1	10+ yrs	Reagan
4:30-5:30	XMA Jr	6-9 yrs	AJ
4:45-5:30	Flippers T&T	4-6 yrs	Skylar
5:30-7	TRAMP & TUMBLE	LA TEAM	Katie/Madi
5:30-6:30	Jr Tumble	6-9 yrs	Sarah
5:30-6:30	Ninja Jr	4-6 yrs	Donovan
5:30-6:30	Twister T&T	6-12 yrs	Skylar
5:30-6:30	Gold 3	10+ yrs	Reagan
5:30-6:30	Advanced 5	10+ yrs	Jonathan
5:30-6:30	ALLSTAR L3 TUMBLE	ELITE 8+	Tiffany
5:30-6:15	Upsidedowner	3-4 yrs	AJ
6:15-7:15	Jr Advanced	6-10 yrs	AJ
6:30-7:30	XMA Sr	10+ yrs	Donovan
6:30-7:30	Jr Advanced	6-10 yrs	Skylar
6:30-7:15	Handspringer	4-5 yrs	Sarah
6:30-7:30	ALLSTAR L2 TUMBLE	ELITE 6+	Tiffany
6:30-8	INTEGRITY Prep	LA TEAM	Kylee/Reagan
7-7:30	FLYER FLEXIBILITY	FOCUS 6+	Madi
7:00-8:30	INTENSITY U17	LA TEAM	Tiffany/Sarah
7:30-8:30	Silver 1	10+ yrs	AJ

WEDNESDAY CLASSES			
Time	Class Name	Ages	Coach
4:30-5:15	Handspringer	4-5 yrs	AJ
4:30-5:30	Ninja Jr	4-6 yrs	Sarah
4:30-5:30	Jr Tumble	5-9 yrs	Skylar
5:00-6:00	Silver 1	10+ yrs	Reagan
5:30-7	INFERNO J3	LA TEAM	Tiffany/Kylee
5:30-6:15	Parent & Tot	12mths-3yrs	AJ
5:30-6:15	Handspringer	4-5 yrs	Brynna
5:30-6:30	Jr Advanced	6-10 yrs	Skylar
5:30-6:30	XMA Jr	6-10 yrs	McKenzie
5:30-6:15	FLYER FLEXIBILITY	FOCUS 6+	Madi
6:15-7:15	ALLSTAR L1 TUMBLE	ELITE 6+	Rea/Madi/Liz
6:15-7:15	Gymnastics 2	10+ yrs	AJ
6:30-7:15	Handspringer	4-5 yrs	Skylar
6:30-7:30	Ninja Kids	6-10 yrs	McKenzie
6:45-7:30	INCREDIBLES	LA TEAM	Kylee
7:00-8:30	ICON S4	LA TEAM	Tiffany/Liz
7:15-8:15	Jr Tumble	5-9 yrs	Reagan
7:15-8:15	Silver 2	10+ yrs	AJ
7:30-8:30	Adult Tumble	16+	Kylee

THURSDAY CLASSES			
Time	Class Name	Ages	Coach
4:15-5:00	Parent & Tot	12mths-3yrs	AJ
5:00-6:00	Jr Advanced	6-10 yrs	Skylar
5:15-6:15	Jr Tumble	5-9 yrs	AJ
5:15-6:30	STUNTING L2	ELITE 6+	Jon/Madi
5:30-6:15	Upsidedowner	3-4 yrs	Sarah
5:30-6:30	Silver 2	10+	Reagan
5:30-6:30	Ninja Jr	4-6 yrs	McKenzie
5:30-7	TRAMP & TUMBLE	LA TEAM	Tiffany/Katie
6:00-7:00	Gymnastics 1	6-10 yrs	Skylar
6:15-7:00	Handspringer	4-5 yrs	Sarah
6:30-7	Backhandsprings	FOCUS 6+	Madi
6:30-7:30	Jr Tumble	5-9 yrs	AJ
6:30-7:30	Silver 1	10+ yrs	Reagan
6:30-7:30	XMA Sr	10+ yrs	McKenzie
6:30-7:30	ALLSTAR L4 TUMBLE	ELITE 10+	Jonathan
7-7:30	Backtucks	FOCUS 8+	Madi
7:00-8:30	INTENSITY U17	LA TEAM	Liz/Tiffany
7:30-8:30	Gold 3	10+ yrs	Katie
7:45-8:45	Krav Maga	18+ yrs	Gina

**CLASS TYPES:**  
**Core: beginner classes, structured and fun, non competitive style**  
*Elite: structured classes working towards competitive skills-prerequis*  
**Focus: skill specific classes working on mastery of one skill-prerequis**  
**LA Team: competitive teams offered for Cheerleading, Trampoline & P**

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

**Book your Birthday Party with us! \$125 to reserve the gym!**