



# Spring Mania

## FOXBORO CLASSES & CLINICS

MAY 22ND - MAY 26TH

### MONDAY

- 5pm - Level 1/2 Tumbling
- 5pm - Open Gym
- 6pm - Open Gym
- 6pm - Standing BHS (30 min)
- 6:30pm - Jumps Class (30 min)
- 7pm - Level 3 Tumbling
- 7pm - Conditioning Class (30 min)
- 7:30pm - Stretch & Flex (30 min)

### TUESDAY

No Classes

### WEDNESDAY

- 5pm - Tiny Tumble (2)
- 5pm - Jumps Class (30 min)
- 5:30pm - Stretch & Flex (30 min)
- 6pm - Level 4-6 Tumbling
- 6pm - Level 1 Tumbling
- 7pm - Open Gym
- 7pm - Flyer Call Back Evaluations - Level 2/3
- 8pm - Level 2 Tumbling
- 8pm - Flyer Call Back Evaluations - Level 4-6

### THURSDAY

- 5pm - Level 1 Tumbling
- 5pm - Level 3 Tumbling
- 6pm - Open Gym
- 6pm - Level 2 Tumbling
- 7pm - Level 4-6 Tumbling
- 7pm - Stretch & Flex
- 7:30pm - Flyer Body Positions
- 8pm - Beginner Tumbling
- 8pm - Conditioning Class (30 min)
- 8:30pm - Jumps Class (30 min)

### FRIDAY

- 5pm - Youth Clinic
- 5pm - Open Gym
- 6pm - Level 3 Tumbling
- 7pm - Open Gym

