



Spring Mania

HANOVER CLASSES & CLINICS

MAY 22ND - MAY 26TH

MONDAY

- 5pm - Ninja Class
- 5pm - Level 1 Tumbling
- 5pm - Level 4-6 Tumbling
- 6pm - Level 2 Tumbling
- 6pm - Jumps Class (30 min)
- 6:30pm - Stretch & Flex (30 min)
- 7pm - Beginner Tumbling
- 7pm - Open Gym
- 7pm - Layout Class (30 min)
- 7:30pm - Standing Tucks (30 min)
- 8pm - Open Gym

TUESDAY

No Classes

WEDNESDAY

- 5pm - Open Gym
- 5pm - Stretch & Flex (30 min)
- 5pm - Standing Tucks (30 min)
- 5:30pm - Jump Class (30 min)
- 5:30pm - Youth X Program Clinic (invite only)
- 6pm - Tiny Tumble (1)
- 6pm - Level 3 Tumbling
- 7pm - Ninja Class
- 7pm - Level 2 Tumbling
- 7pm - Open Gym
- 8pm - Open Gym

THURSDAY

- 5pm - Level 1 Tumbling
- 5pm - Tiny Tumble (2)
- 5pm - Conditioning Class (30 min)
- 5:30pm - Jumps Class (30 min)
- 6pm - Level 2 Tumbling
- 6pm - Beginner Tumbling
- 6pm - Stretch & Flex (30 min)
- 6:30pm - Standing Tucks (30 min)
- 7pm - Level 4-6 Tumbling
- 7pm - Level 3 Tumbling
- 7pm - Dance/Motions (30 min)
- 7:30pm - Standing BHS (30 min)
- 8pm - Open Gym

FRIDAY

- 5pm - Open Gym
- 6pm - Open Gym