

Wednesday

Fall Rotation Schedule 2019

S1G6

Week 1

Week 2

4:00-4:20	Warm up Parkour	
4:20-4:40	TT Comp	Trampoline
4:40-5:00	Kinder Vault	Kinder Beam
5:00-5:20	Front Kinder Floor	Comp Bar
5:20-5:25	Cool Down	

5PM CLASSES

JK

Week 1

JK

Week 2

SK

Week 3

5:00-5:15	Warm up Back Blue Floor		Warm Up Front Kinder Floor
5:15-5:30	Pommel Floor	Back Kinder Floor	Trampoline
5:30-5:45	Kinder Beam	Trampoline	Kinder Vault
5:45-5:00	TT Rec	Kinder Bars	Kinder Beam

S3/4

Week 1

Week 2

5:00-5:20	Warm up ½ red floor	
5:20-5:50	½ red Floor	
5:50-6:10	Comp Vault & TT Comp	Comp Bars/Kinder Bars
6:10-6:35	Pit Bar	Trampoline
6:35-6:55	Kinder Beam	
6:55-7:00	Cool Down	

S1B6/S2B9

Week 1

Week 2

5:00-5:20	Warm up ½ red floor	
5:20-5:40	P.Bars	Air Track
5:40-6:00	Rec Vault	Pit Bar
6:00-6:20	Trampoline	TT Comp
6:20-6:25	Cool Down	

Parkour 9+

5:00-5:30	Warm Up Parkour Area
5:30-6:00	Parkour Area
6:00-6:30	TT Rec and Cool Down

5:30 CLASSES

Wednesday

Fall Rotation Schedule 2019

5:30pm

S1G6 & G9

Week 1

5:30-5:50
5:50-6:10
6:10-6:30
6:30-6:35
6:35-6:50
6:50-6:55

Warm up Back Blue Kinder Floor

½ Red floor

Kinder Bar

Conditioning

TT Comp

Cool Down

S2G6

Week 2

Kinder Beam

Kinder Vault

Trampoline(10 min, Kinder comes)/Pit Bar

6pm

JK

Week 1

6:00-6:15
6:15-6:30
6:30-6:45
6:45-7:00

Warm up Back Blue Floor

Kinder Beam

Kinder Floor

Trampoline

JK

Week 2

Back Kinder Floor

Kinder Bar

TT Rec

SK

Week 3

Warm Up Front Kinder Floor

Front Kinder Floor

Back Air Track

Kinder Vault

6:30pm

S1B7/B9

6:30-6:50
6:50-7:10
7:10-7:30
7:30-7:40
7:40-7:50
7:50-7:55

Warm up ½ Red Floor

P.Bar Area

Kinder Bar

½ Red floor

Pommel area

TT Comp

Back Air Track

Cool Down

Parkour Level 2

6:30-7:00 Warm Up

7:00-7:30 Parkour Area

7:30-8:00 Conditioning and Cool Down

7pm

S2G9

Week 1

7:00-7:20
7:20-7:40
7:40-8:00
8:00-8:20

Warm up Back Blue Floor

Trampoline

½ Red Floor

Comp Beam

Exsperience

Week 2

Comp TT

Comp Vault

Comp Bar

Wednesday

Fall Rotation Schedule 2019

Tumbling

7:00-7:30 Warm Up and Conditioning

7:30-8:00 Tumble Strip

8:00-8:30 Trampoline and TT Comp