

## Extreme Tumbling

965 Patrick Industrial Court  
Winder, GA 30680

Office: 678-910-2227

# Current Class Schedule

[www.extremegymwinder.com](http://www.extremegymwinder.com)

extremetumble@yahoo.com

REGISTER FOR CLASSES on our WEBSITE via the REGISTER NOW link!

MONDAY CLASSES			
Time	Class Name	Ages	Coach
4:30-5:15	Handspringer	4's & 5's	Kylee
4:30-5:30	Silver 2	10+	Tiffany
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's & 4's	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+	Kylee
5:30-7	<b>IGNITE Y1</b>	LA Team	Tiffany/Liz
6:15-7:30	<b>*STUNT</b>	10+	Jon/Clayton*
6:15-7:15	Jr Tumble	5-9 yrs	Sarah
6:30-7:15	Handspringer	4's & 5's	Skylar
6:30-7:30	Ninja Kids	6-10yrs	McKenzie
6:30-7:30	Gold 3	10+	Katie
6:30-8	<b>INSANITY Y2</b>	LA Team	Tiff/Liz
6:30-7:30	<b>PREP CLASS</b>	LA Team	R/S/AJ/B
6:30-8	<b>*INSPIRE Prep</b>	LA Team	AJ/Rea
7:00-8:15	<b>*BARROW</b>	LA Team	Bryinna/Sarah
7:30-8:30	*Acro & Tumble	LA Team	Katie/Tiff
7:30-8:30	<b>INTENSITY U17 Tu</b>	LA Team	Jonathan/Kylee
7:45-8:45	<b>Krav Maga</b>	18+	Gina

TUESDAY CLASSES			
Time	Class Name	Ages	Coach
4:30-5:30	Silver 2	10+	Sarah
4:30-5:30	Silver 1	10+	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	<b>T&amp;T Team</b>	Team	Katie/McKenzie
5:30-6:30	Jr Tumble	6-9yrs	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+	Reagan
5:30-6:30	<b>INFERN0 J3 Tu</b>	LA Team	Tiffany
5:30-6:15	Upsidedowner	3's & 4's	AJ
6:15-7:15	Jr Advanced	6-10 yrs	AJ
6:30-7:30	XMA Sr	10+	Donovan/Mck
6:30-7:30	Jr Advanced	6-10 yrs	Skylar
6:30-7:15	Handspringer	4's & 5's	Sarah
6:30-7:30	<b>INSANITY Y2 Tu</b>	LA Team	Tiffany
6:30-8	<b>HART CO HIGH</b>	HS	Jonathan/Katie
6:30-8	<b>*INTEGRITY Prep</b>	LA Team	Kylee/Reagan
7-8:30	<b>INTENSITY U17</b>	LA Team	Tiffany/Sarah
7:30-8:30	Silver 1	10+	AJ

WEDNESDAY CLASSES			
Time	Class Name	Ages	Coach
4:30-5:15	Handspringer	4's & 5's	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+	Reagan
5:30-7	<b>INFERN0 J3</b>	LA Team	Tiffany/Ky
5:30-6:15	Parent & Tot	12mths-3yrs	AJ
5:30-6:15	Handspringer	4's & 5's	McKenzie
5:30-6:30	Jr Advanced	6-10 yrs	Skylar
5:30-6:30	XMA Jr	6-10 yrs	Donovan
6:15-7:15	<b>IGNITE Y1 TU</b>	LA Team	Rea/Liz
6:15-7:15	Gymnastics 2	10+	AJ
6:30-7:15	Handspringer	4's & 5's	Skylar
6:30-7:30	Ninja Kids	6-10 yrs	Donovan/Mck
6:45-7:30	<b>INCREDIBLES TN</b>	LA Team	Kylee
7-8:30	<b>ICON S4</b>	LA Team	Liz/Tiffany
7:15-8:15	Jr Tumble	5-9yrs	Reagan
7:15-8:15	Silver 2	10-14yrs	AJ
7:30-8:30	Adult Tumble Fitness	16+	Kylee

THURSDAY CLASSES			
Time	Class Name	Ages	Coach
4:15-5:00	Parent & Tot	12mth-3y	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	<b>*STUNT</b>	6+	Jonathan
5:30-6:15	Upsidedowner	3's & 4's	Sarah
5:30-6:30	Silver 2	10+	Reagan
5:30-6:30	Ninja Jr	4-6 yrs	Donovan
5:30-7	<b>T&amp;T Team</b>	Team	Tiffany/Katie
6:00-7:00	Gymnastics 1	6-10 yrs	Skylar
6:15-7:00	Handspringer	4's & 5's	Sarah
6:30-7:30	Jr Tumble	5-9 yrs	AJ
6:30-7:30	Silver 1	10+	Reagan
6:30-7:30	XMA Sr	10+	Donovan
6:30-7:30	<b>ICON S4 TU</b>	LA Team	Jon/Katie
7-8:30	<b>INTENSITY U17</b>	LA Team	Tiffany/Liz/AJ
7:30-8:30	Gold 3	10+	Katie
7:45-8:45	<b>Krav Maga</b>	18+	Gina

Open Gym Returns in September! 6:30p-8p

\*New Classes!! Check with front desk for Start Dates

Legend Half Season AllStars, Tiny Novice and Barrow

AllStars begin in October after Fall Break!

<b>WEEKEND TEAM TIMES</b>			
<b>Time</b>	<b>Class Name</b>	<b>Ages</b>	<b>Coach</b>
2-3:30 SUN	INFERNO		
3-4:30 SUN	INSANITY		
4-5:30 SUN	ICON		
5-6:30 SUN	IGNITE		