






# Class & Private Schedule

2018 Fall Session

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
	HIIT Pilates 9-10am		HIIT Pilates 9-10am			
<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>5335 W. 86<sup>th</sup> St. Indianapolis, IN 46268 317-727-6234 acroindy5678@gmail.com</p> <p>  </p> <p><a href="http://www.acroindy.com">www.acroindy.com</a></p> </div>		Private 12-1pm				Paddle Board Yoga 11- 12:15pm
		Private 1-2pm				Private 2-3pm
		Private 2-3pm				Private 3-4pm
		Private 3-4pm				Private 4-5pm
Tumbling Beginner 5-6pm	Tumbling Beginner 5-6pm	Tumbling Beginner 5-6pm	Tumbling Beginner 5-6pm			
Private 5-6pm	Private 5-6pm	Private 5-6pm	Tumbling Boys Class 5-6pm			
Tumbling Level 1-2 6-7pm	Tumbling Level 1-2 6-7pm	Tumbling Level 1-2 6-7pm	Tumbling Level 1-2 6-7pm	Open Gym 6-9pm (select dates)		All Star Cheer 6-9pm
Tumbling Level 3-5 7-8pm	Tumbling Level 3-5 7-8pm	Tumbling Level 3-5 7-8pm	Tumbling Level 3-5 7-8pm			
			Tumbling Adult 7-8pm			
Private 8-9pm	Private 8-9pm	Private 8-9pm	Private 8-9pm			

## TUMBLING CLASS BREAKDOWN

**Beginner Tumbling**- For students with very little to no experience. Fundamentals of handstand, cartwheels and body awareness.

**LEVEL 1** - Fundamental Tumbling - forward/backward rolls, front/back walkovers, cartwheels, round offs, handstands.

**LEVEL 2** - Basic Foundations - back handsprings (bhs), round off bhs, multiple bhs, and connecting level 1 + 2.

**LEVEL 3** - Tucks - standing multiple bhs, round off bhs tucks, front tucks, ad specialties.

**LEVEL 4** - Layouts - perfecting set, round off bhs layouts, standing tucks, standing bhs tucks and specialties.

**ADULT TUMBLING** - All Levels - for students ages 18 and up who want to enjoy tumbling in a fun and safe environment.

Conditioning and drills.

**BOYS CLASS** - All Levels - for boys ages 5-17. This class is designed to build strength, coordination and flexibility in a fun and controlled environment.

**HIIT PILATES** - Pilates with High Intensity Interval Training to bring you the ultimate full body workout. Cardio exercises are integrated between Pilates moves to keep your heart rate and metabolism fired up! In 45 minutes you will scorch fat, develop deep inner core strength and build stamina. \*Schedule subject to change.