



# Summer at

# J U *DAKOTA Spirit* L Y



## Mondays:

- 4:15-5:15pm Level 1 Tumbling
- 5:15-6:15pm Level 2 Tumbling

## Tuesdays:

- 8-8:45am Hit It 'N Git It

## Wednesdays:

- 5:30-6:30pm Beginner Tumbling
- 6-6:45pm Little Sizzlers
  - 3 month Special (July, August, September)
- 6:30-7:15pm Flyer Flex
- 7:30-8:30pm Power Tumbling



## Thursdays:

- 8-8:45am Hit It 'N Git It
- 4:30-5:15pm Back Walkover Class
- 5:15-6pm Back Handspring Class



## Fridays:

- 6-6:45pm Standing Tuck Class
  - 7-9pm Friday Night Lights
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