

**ACRO INTENSIVE**  
*Tuesday, August 8th*

**Junior**

<b>Time</b>	<b>Class</b>	<b>Instructor</b>
<b>9:00am-9:30am</b>	Warm-Up/Strengthening	Miss Alyssa
<b>9:30am-10:15am</b>	Tumbling	Miss Alyssa
<b>10:15am-10:30am</b>	Break	
<b>10:30am-11:15am</b>	Partner Work	Miss Alyssa
<b>11:15am-12:00pm</b>	Flexibility	Miss Alyssa
<b>12:00pm</b>	Dismissal/Pick-Up	

**Teen/Senior**

<b>Time</b>	<b>Class</b>	<b>Instructor</b>
<b>1:00pm-1:30pm</b>	Warm-Up/Conditioning	Miss Ashley
<b>1:30pm-2:30pm</b>	Progressions/Tumbling	Miss Ashley
<b>2:30pm-3:15pm</b>	Hand Balancing	Miss Ashley
<b>3:15-3:30pm</b>	Break	
<b>3:30-4:30pm</b>	Partner Work	Miss Ashley
<b>4:30-5:00pm</b>	Flexibility	Miss Ashley
<b>5:00pm</b>	Dismissal/Pick-Up	

**ACRO INTENSIVE**  
*Wednesday, August 9th*

**Junior**

<b>Time</b>	<b>Class</b>	<b>Instructor</b>
<b>9:00am-9:30am</b>	Warm-Up	Drew Burgess
<b>9:30am-10:15am</b>	Balancing/Limbering	Drew Burgess
<b>10:15am-10:30am</b>	Break	
<b>10:30am-11:30am</b>	Progressions/Tumbling	Drew Burgess
<b>11:30am-12:00pm</b>	Flexibility	Drew Burgess
<b>12:00pm</b>	Dismissal/Pick-Up	

**Teen/Senior**

<b>Time</b>	<b>Class</b>	<b>Instructor</b>
<b>1:00pm-1:30pm</b>	Warm-Up	Drew Burgess
<b>1:30pm-2:30pm</b>	Balancing/Limbering	Drew Burgess
<b>2:30pm-3:30pm</b>	Tumbling	Drew Burgess
<b>3:30-4:15pm</b>	Progressions/Variations	Drew Burgess
<b>4:15-4:45pm</b>	Flexibility	Drew Burgess
<b>4:45pm</b>	Dismissal/Pick-Up	

# ACRO INTENSIVE

## *Thursday, August 10th*

### Junior

Time	Class	Instructor
8:30am	Check-In	
9:00am-9:30am	Warm-Up	Miss Ashley
9:30am-10:15am	Hand Balancing	Miss Ashley
10:15am-10:30am	Break	
10:30am-11:15am	Partner Work	Miss Ashley
11:15am-12:00pm	Progressions/Tumbling	Miss Ashley
12:00pm	Dismissal/Pick-Up	

### Teen/Senior

Time	Class	Instructor
12:30pm	Check-In	
1:00pm-1:30pm	Warm-Up/Conditioning	Miss Alyssa
1:30pm-2:30pm	Tumbling	Miss Alyssa
2:30pm-3:15pm	Flexibility	Miss Alyssa
3:15-3:30pm	Break	
3:30-4:15pm	Partner Work	Miss Alyssa/Miss Ashley
4:15-5:00pm	Tumbling	Miss Alyssa
5:00pm	Dismissal/Pick-Up	