

# EXA EC SUMMER SCHEDULE

Schedule for June 2020

Classes subject to change. All classes available in person or Google Meet.  
Social distancing standards can be found on our website.

All classes must be preregistered and paid for in advance.  
\$55/mo for 1 class/wk or \$15/class  
\$25 new member registration fee  
Ages 6 and up only

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:45-5:30	Cartwheels	Tucks	Walkovers		
	Handsprings	Handsprings	Layouts/twist		
5:45-6:30	Beginner Bars pullovers/back hip circles	Base cheer person who lifts top	Interm. Beam handstands/walkovers	Ninja	
	Adv Beam	Fly cheer top person	Adv Bars Kips & up		
6:45-7:30	Beginner Beam walking/jumping	Flex & Stretch cheer & gymnastics	Interm. Bars stride circles/front hip circles		
	Adv Bars Kips & up	Jumps cheer	leaps & turns gymnastics		
7:45-8:30	Tucks Flex & Stretch	Layouts/twist	Advanced Vault half on/half off & up		