

EXA MNE 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	Beginner Bars Pullovers/back hip circles		Interm Bars stride circles/front hip circles		
	Interm. Beam handstands/cartwheels		Tucks & Twist		
5:45-6:30	Beginner Beam walking/jumping	Cheer Fundamentals	Interm. Beam handstands/cartwheels		
	Interm Bars stride circles/front hip circles	Ninja	Adv Bars Kips, flyaways, & more		
6:45-7:30	cartwheels	Flex & Stretch	Handsprings		
	Walkovers		Adv. Beam Walkivers & more		
7:45-8:30			leaps & turns		