

Limelight Allstars Classes November 28-December 18					
Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Cartwheel/ Roundoff Class 530-625	BHS Class 530-625		Hyper Flex Class 530-625	Front Roll Class 1130-1225	Flyer Stunt Routine 1-155
Kickover/ Walkover Class 530-625	Cartwheel/ Roundoff Class 530-625			Cartwheel/ Roundoff Class 1130-1225	Cartwheel/ Roundoff Class 1-155
Hyper Flex Class 630-725				Kickover/ WalkoverClass 1130-1225	Flyer Stunt Routine 3-355
				Open Gym 1-3	Hyper Flex Class 5-555

- Front Roll Class - the main focus is on front rolls, body control and important tumbling holds
- Cartwheel/Roundoff Class - the class will focus on these two skills along with body drills needed to achieve these skills.
- Kickover/Walkover Class - the class will focus on these two skills along with body drills needed to achieve these skills.
- BHS Class - this class is working on BHS and multiple BHS.
- HyperFlex Classes - focus on hyperflexibility, air positions and strengthening. Open to flyers and non-flyers.
- Flyer Stunt Routine Classes - include bases so flyers can work on overall stunt technique and include routine counts.

There are no makeup classes for missed classes unless Limelight cancels the class.

Open Gym (fuchsia) is FREE for members and \$15 for non-members.