

CGA Class Schedule

starts October 5th

Monday	Tuesday	Wednesday	Thursday	Weekend
<div>FUNd 4:00-5:00</div> <div>Bronze 5:00-6:00</div> <div>Evaluation 5:30-6:00</div> <div>Team Session 7:20-9:00</div> <div>Platinum 4:20-5:20</div> <div>Team Session 5:20-7:10</div>	<div>Jumps 4:30-5:15</div> <div>Team Session 5:20-7:20</div> <div>Open Gym Teen Night! 13 & Up \$5 at the door 8:00 to 9:30</div> <div>FUNd 4:20-5:20</div> <div>Masters 5:30-6:30</div> <div>Flexibility & Flying 6:40-8:00</div>	<div>Silver 4:45-5:45</div> <div>Masters 6:00-7:00</div> <div>Team Session 7:00-9:00</div> <div>Gold 4:20-5:20</div> <div>Platinum 5:30-6:30</div>	<div>Silver 4:15-5:15</div> <div>Team Session 5:20-7:00</div> <div>Bronze 4:40-5:40</div> <div>Rod & Tramp 6:00-7:00</div> <div>Team Session 7:10-9:00</div>	<div>Clinics, Choreography Camps and More!</div>

Athletes should be able to show Good Execution of the Previous Class's Skills before moving up to the Next Class

Fundamentals	Fwd & Bwd Rolls	Cartwheel	Handstand Bridge	Back Bend
Bronze	Kick Over	Round Off	Back Walkover	Front Walkover
Silver	Back Handspring	RO BHS	BWO Handspring	Front Handspring
Gold	RO 3 Handsprings	St 3 BHS	RO BHS High Rebound	Tuck Drills
Platinum	RO BHS Tuck	PH RO BHS Tuck	Punch Front	2 BHS to Tuck
Masters 1 & 2	Standing Tuck	RO BHS Layout	Specialty Passes	Twisting
Rod & Tramp	Need at least a Ro BHS to participate in this class that works on Tumbling Skills using the Tumble Trak and Rod Floor			