

FLIPPIN' OUT TUMBLING & GYMNASTICS - Nutley

September 3, 2018 – June 29, 2019

(2 Make-Ups per Session)

973-667-1090

www.FlippingOutTumbling.com

updated: June 4, 2018



Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mom & Me		10:30		9:30		9:00
PEE-WEE GYMNASTICS Age 3-6						
Home School Program	12:30					
Pre-School Girls	10:30/11:30/1:30 4:00/5:00/6:00	9:30/11:30 12:30/1:30		10:30/11:30 12:30/1:30	4:00/5:00	10:00(2)/11:00
Kinder Girls	10:30/11:30/1:30 4:00(2)/5:00(3)/6:00(2)	9:30/11:30 12:30/1:30		10:30/11:30 12:30/1:30	4:00(2)/5:00(2)	10:00(2)/11:00
Advanced Kinder Girls *		4:00				12:00
Pre-School Boys	10:30/11:30/1:30 4:00	9:30/11:30 12:30/1:30		10:30/11:30 12:30/1:30	4:00	11:00
Kinder Boys	10:30/11:30/1:30 6:00	9:30/11:30 12:30/1:30		10:30/11:30 12:30/1:30	5:00	11:00
GYMNASTICS - Ages 6+						
Novice Girls (6-8)		4:00(2)/5:15(2) 6:30	4:00/5:15 6:30/7:45	4:00(2)/5:15/6:30 7:45	6:00 (2)	12:00(2)/1:15(2)
Novice Girls (9-11)		4:00/6:30/7:45	4:00/5:15	5:15/6:30/7:45		12:00
Novice Girls (12+)			6:30	6:30		
Intermediate Girls (6-8)		5:15		4:00	7:00	
Intermediate Girls (9+)		6:30	5:15/6:30	5:15/7:45		
Advanced Girls (6-8)			4:00			
Advanced Girls (9-11)						1:15
Advanced Girls (12+)				6:30		
TOPS (90 Min Class)*	7:00				6:00	
Novice Boys (6-8)		5:15	5:15			
Novice Boys (9+)	7:00					
Intermed /Adv Boys (6+)				5:15		
TUMBLING - Ages 7+						
Novice (All Ages)	7:00	7:45	4:00/6:30		6:00	1:15
Novice (7 - 12)		4:00		4:00/5:15		
Novice (13 +)				4:00		
Intermediate (7 - 12)		5:15	5:15			
Intermediate (13 +)		6:30				
Intermediate (All Ages)	7:00			5:15		
Advanced		7:45	7:45	6:30		
Open Tumbling				7:45		1:15
Open Stunt (45 Minutes)				8:45		
NINJA CLASSES - Ages 6+						
Ninja Squad		6:30				

* Must be Recommended