

Schedule of classes

Call 225.772.8635 text message friendly
Email: flips@flipsandfitness.com

Forward & Backward Rolls-

(ages 3 years only) 45 minute classes

Mon: 9:30am, 10:30am, 11:30am
Wed: 9:30am, 10:30am, 11:30am
Fri: 9:30am, 10:30am, 11:30am

Forward & Backward Rolls-

(ages 4-5 years only) 45 minute classes

Mon: 6pm
Wed: 6pm
Thu: 5pm, 6pm
Sat: 10am

Cartwheel & Round-Off -

(ages 6-7 years only) 50 minutes classes

Mon: 4pm, 4pm, 5pm
Tue: 5pm, 6pm
Wed: 4pm, 5pm
Thu: 4pm
Fri: 4pm, 5pm
Sat: 9am, 11am

Back Handspring -

(ages 8 and up) 50 minute classes

Mon: 5pm, 7pm
Tue: 4pm, 4pm, 5pm, 6pm, 7pm
Wed: 4pm
Thu: 4pm, 6pm, 7pm
Sat: 10am

Back Handspring to Back Tuck -

(Combining the round-off-back handspring back tuck)

Mon: 6pm
Wed: 5pm
Thu: 5pm
Sat: 11am

Back Tucks & More- 50 minutes

Mon: 7pm
Tue: 7pm
Wed: 7pm
Thu: 7pm
Sat: 12pm

Aerial Cartwheel, Front Aerial

(ages 8 and up) 50 minute classes

Wed: 7pm
Sat: 12pm

Private Tumbling Sessions -

(1/2 hour & full hour sessions) See binder

Available Monday - Sunday*
1 person - 1/2 hour = \$30
1 person - 1 hour = \$50
2 person - 1/2 hour = \$50
2 person - 1 hour = \$70

Sunday Privates-

1 person - 1/2 hour = \$50
1 person - 1 hour = \$80
2 person - 1 hour = \$100

Registration for membership must be completed at least one day before you wish to start classes. This allows for processing of your membership and entering your child into the class roster.

Tuition: Number of classes weekly / monthly tuition

1/ \$65 2/ \$105 3/ \$135 4/ \$175

Annual membership fee: \$35 per family (No Refunds)

Monthly Tuition Discount: \$10 off 2nd child