

May 2020 Virtual Gymnastics 1 Class Schedule



An incredible class where you will learn stronger handstands, cartwheels, round-offs, back bends and so much more.... Let's GO!!

Monday	Tuesday	Wednesday	Thursday	Friday
4 Everything Handstand @ 4pm w/ Coach Sydney Get your handstand stronger, longer and straighter!	5 Everything Handstand @5pm w/ Coach Sydney Get your handstand stronger, longer and straighter!	6 Let's Roll @4pm w/ Coach Tracy Forward, backward, log, and straddle... to name a few. So many ways to roll!	7 Let's Roll @5pm w/ Coach Tracy Forward, backward, log, and straddle... to name a few. So many ways to roll!	8 Can you do a 15-second handstand against a wall? Have your parents time you!
11 Crazy Cartwheels @4pm w/ Coach Sydney Cartwheels are fun to do, but they take time. Let's break it down... yippee!	12 Crazy Cartwheels @5pm w/ Coach Sydney Cartwheels are fun to do, but they take time. Let's break it down... yippee!	13 Bridges, tables, backbends @4pm w/ Coach Tracy Get more bendy, learn the foundations of the back handspring... on our way!	14 Bridges, tables, backbends @5pm w/ Coach Tracy Get more bendy, learn the foundations of the back handspring... on our way!	15 Show your 5 best cartwheels to someone at home Have them give you a score 1 through 10
18 Handstand & roll combos @4pm w/ Coach Sydney More handstands but connecting from and to other skills. Have fun!	19 Handstand & roll combos @5pm w/ Coach Sydney More handstands but connecting from and to other skills. Have fun!	20 Turns, jumps and leaping @4pm w/ Coach Tracy How high can you jump? Can you straddle jump with straight legs? YES!	21 Turns, jumps and leaping @5pm w/ Coach Tracy How high can you jump? Can you straddle jump with straight legs? YES!	22 Who can jump the highest? Who can jump the farthest? Challenge your parents
25 Happy Memorial Day! 	26 Hurdles into cartwheels @5pm w/ Coach Tracy Next level cartwheel... a short run or hurdle. You will also learn a 1-arm cartwheel. Awesome!	27 Hurdles into cartwheels @4pm w/ Coach Tracy Next level cartwheel... a short run or hurdle. You will also learn a 1-arm cartwheel. Awesome!	28 Showcase of Talent @5pm w/ Coach Sydney and Coach Tracy This is your chance to show the skills you have worked on. Have your parents watch the show!	29 Showcase of Talent @4pm w/ Coach Tracy and Coach Sydney This is your chance to show the skills you have worked on. Have your parents watch the show!