



Gymnastics, Dance and Cheer

www.flipTastic.biz
6404 Fair Oaks Blvd
916-487-FLIP(3547)

Gymnastics

Girls Intro

Beginning Girls 6 & up - 90 min.

Day	Time	Coach
Mon.	3:30pm	BD
	5:00pm	CD
Tue.	3:30pm	BP
	5:00pm	RR
	6:30pm	JC
Wed.	3:30pm	DG
	5:00pm	CD
Thur.	2:00pm	RR
	3:30pm	JW/BE
	5:00pm	JC/BE
Fri.	3:30pm	JC
	5:00pm	KC
Sat	9:30am	AM/JW
	11:00am	KC

Girls Level 2

Girls Level 1 Graduates - 90 min.

Day	Time	Coach
Mon.	3:30pm	RR
	5:00pm	RR
Tue.	3:30pm	JC
	5:00pm	JW
	6:30pm	RR
Wed.	3:30pm	BP/KO
	5:00pm	RR
Thur.	6:30pm	RR
	2:00pm	HF
	3:30pm	RR
Fri.	5:00pm	DG
	6:30pm	JW
Sat	3:30pm	HF
	5:00pm	HF
Sat	11:00am	CL

Girls Level 4/5/6

Coach Approval Only

Girls Level 5/6-90 min.

Day	Time	Coach
Mon.	3:30pm	KN
Tue	3:30pm	RR
Thur.	2:00pm	ML/CW
Thur.	5:00pm	RR

Boys Gym

Boys 6 & up - 90 min

Day	Time	Coach
Mon.	3:30pm	DG/DS
Tue.	3:30pm	DRW/NO
Thur.	3:30pm	DRW
Fri.	3:30pm	DRW
	5:00pm	KC

Girls Level 1

Girls Intro Graduates - 90 min.

Day	Time	Coach
Mon.	3:30pm	DRW
	5:00pm	DRW
	6:30pm L1/2	RR
Tue.	3:30pm	KC
	5:00pm	KC
	6:30pm	JC
Wed.	3:30pm	JC
	5:00pm	JC
Thur.	2:00pm	JW/DG
	3:30pm	DG/BP
	5:00pm	JW/HF
	6:30pm	BP/DG
Fri.	3:30pm	BE
	5:00pm	JW
Sat.	9:30am	KC
	11:00am	AM

Girls Level 3

Girls Level 2 graduates - 90 min.

Day	Time	Coach
Mon.	3:30pm	BP
	6:30pm	**
Tue.	3:30pm	JW
Wed.	3:30pm	RR.
	5:00pm	BP
Thur.	2:00pm	ML/CW
	5:00pm	BP
Fri.	6:30pm	RR
	5:00pm	HF
Sat	11:00am	JW

Girls Level 4

Girls Level 3 *Coach Approval Only* - 90 min

Day	Time	Coach
Mon.	6:30pm	**
Tue	3:30pm	RR
Thur.	2:00pm	ML/CW
	5:00pm L 4/5	RR
	6:30pm	RR

Boys Agility Beginning

Boys Beginning 60 min

Day	Time	Coach
Mon.	6:00pm	DG
Tue	5:00pm	DRW
Wed.	5:00pm	DG
Thur.	5:00pm	DRW

Boys Agility Intermediate

Coach Approval Only

Boys Intermediate 60 min

Day	Time	Coach
Mon.	7:00pm	DG
Wed.	7:00pm	BP
Wed.	6:00pm	DG

60 min Class - \$70/month

90 min Class-\$80/month

\$45 Lifetime Membership

VIP Students please call to check availability before dropping in.

20% Discount on a second class!
25% Discount on a third class!

*All new students get
2 free trial classes!!*

Check out our VIP program!!

7/19/2017