



Upland Class Schedule

DIVAS IN TRAINING

4:00 - 5:00 PM
Tuesday

LEVEL 1

4:00 - 5:00 PM
Tuesday
6:00 - 7:00 PM
Thursday

INTRO / LEVEL 1

4:00-5:00 PM
Thursday

LEVEL 2

6:00 - 7:00 PM
Tuesday
7:00 - 8:00 PM
Monday
Wednesday

LEVEL 3+

4:00 - 5:00 PM
Monday
5:00 - 6:00 PM
Tuesday

OPEN GYM

7:00-9:00 PM
Tuesday

STUNTS

5:00-6:00
Thursday

FLYER FLEX

5:00 - 6:00 PM
Monday
Tuesday

JUMPS & FLEX

4:00 - 5:00 PM
Wednesday
Thursday