

Fall Schedule 2017

July 31st- December



Monday

Time	Class	Program	Lead Instructor	Support
9:00-10:00	Boot Camp	Fitness	Austin Culp	
3:00-4:00	Staff Meeting	No Students on the Floor		
4:00-5:30	Northwest High School	Cheerleading	Bianca Mobbs	
4:00-6:00	Bronze Team	Gymnastic	Team Staff	
4:00-7:00	Silver Team	Gymnastic	Team Staff	
4:00-7:00	Gold Team	Gymnastic	Team Staff	
4:00-8:00	Platinum Team	Gymnastic	Team Staff	
4:30-5:30	Tumble L1	Cheerleading	Katie Fleming	Makayla K
4:30-5:30	Preschool Gymnastic	Gymnastic	Leslie Rodriguez	
5:30-6:00	Low Impact Fit	Fitness	Tyler Hudson	
5:30-6:30	Tumble L2	Cheerleading	Bianca Mobbs	Makayla K
6:00-7:00	Boot Camp	Fitness	Tyler Hudson	
6:00-7:00	Ballet	Dance	Shania Green	
6:00-7:00	Gymnastic L1	Gymnastic	Leslie Rodriguez	
6:00-8:00	ALLSTAR Revolution J2	Cheerleading	Arika Culp	Kelly Hall
6:30-7:30	Tumbling L3	Cheerleading	Katie Fleming	
7:00-8:00	Tumbling L4	Cheerleading	Makayla Karabensch	
7:00-8:00	Gymnastic L2	Gymnastic	Shania Green	
7:00-8:00	Tumble FIT	Cheerleading	Bianca Mobbs	
7:30-9:00	Heritage Middle Cheer Team	Cheerleading	Austin Culp	

Tuesday

Time	Class	Program	Lead Instructor	Support
9:00-10:00	Boot Camp	Fitness	Austin Culp	
3:00-4:00	Staff Meeting	No Students on the Floor		
4:00-5:00	Strength and Speed (Ages7-11)	Fitness	Tyler Hudson	
4:00-6:00	Pre team All star Cheer	Cheerleading	Kelly Hall	
4:00-7:00	Gold Team	Gymnastic	Team Staff	
4:00-8:00	Platinum Team	Gymnastic	Team Staff	
4:00-5:30	Ringgold Highschool	Cheerleading	Austin Culp	Bianca Mobbs
4:00-5:00	Gymnastic L1	Gymnastic	Leslie R	
4:00-5:30	Dalton High (Spirit)	Cheerleading		
4:30-5:30	Tumble L1	Cheerleading	Katie Fleming	Makayla K
5:00-6:00	Strength and Speed (Ages 12+)	Fitness	Tyler Hudson	
5:30-6:30	Tumble L1& L2	Cheerleading	Katie Fleming	Makayla K
5:30-6:00	Low Impact Fit	Fitness	Bianca Mobbs	
6:00-7:00	Hip Hop 6-12	Dance	Whondy	
6:00-7:00	Gymnastics L2	Gymnastic	Shania Green	
6:00-7:00	Preschool Gymnastic	Gymnastic	Chloe Medlin	
6:00-7:00	Boot Camp	Fitness	Tyler Hudson	
6:00-7:00	Tumble L4	Cheerleading	Bianca Mobbs	
6:00-8:00	Gymnastic Pre-Team	Gymnastic	Shania Green	
7:00-8:00	Hip Hop 13+	Dance	Whondy	
7:00-8:00	Tumble FIT	Cheerleading	Bianca Mobbs	
7:30-9:00	Heritage High School	Cheerleading	Austin Culp	

Wednesday

Time	Class	Program	Lead Instructor	Support
9:00-10:00	Boot Camp	Fitness	Austin Culp	
3:00-4:00	Staff Meeting	No Students on the Floor		
4:00-6:00	Bronze Team	Gymnastic	Team Staff	
4:00-7:00	Silver Team	Gymnastic	Team Staff	
4:00-5:30	Dalton High School	Cheerleading	Austin Culp	Bianca Mobbs
4:00-5:00	Tumbling L1	Cheerleading	Katie Fleming	Makayla K
5:00-6:00	Tumbling L2	Cheerleading	Makayla K	
5:30-6:00	Low Impact Fit	Fitness	Tyler Hudson	
5:30-6:30	Tumbling L3+4	Cheerleading	Bianca Mobbs	Katie Fleming
5:30-7:30	ALLSTAR Senior L3	Cheerleading	Austin Culp	
6:00-7:00	Boot Camp	Fitness	Tyler Hudson	
6:00-7:00	Gymnastic L1	Gymnastic	Leslie R	
6:30-8:00	Tumbling L5	Cheerleading	Katie Fleming	
7:00-8:00	Parkour	Gymnastic	Austin Morgan	
7:00-8:00	Tumble FIT	Cheerleading	Bianca Mobbs	

Thursday

Time	Class	Program	Lead Instructor	Support
9:00-10:00	Boot Camp	Fitness	Austin Culp	
3:00-4:00	Staff Meeting	No Students on the Floor		
4:00-5:00	Strength and Speed (7-11)	Fitness	Tyler Hudson	
4:00-5:00	Tumble L1	Cheerleading	Leslie Rodriguez	
4:00-6:00	Pre Team Allstar	Cheerleading	Kelly Hall	
4:00-8:00	Platinum Team	Gymnastic	Team Staff	
4:00-7:00	Gold Team	Gymnastic	Team Staff	
4:00-7:00	Silver Team	Gymnastic	Team Staff	
4:30-5:30	Gymnastic L1	Gymnastic	Shania Green	
5:00-6:00	Strength and Speed (Ages 12+)	Fitness	Tyler Hudson	
5:00-6:00	Tumble L2	Cheerleading	Bianca Mobbs	
5:30-6:00	Low Impact Fit	Fitness	Shania Green	
6:00-7:00	Preschool Gymnastic	Gymnastic	Chloe Medlin	
6:00-7:00	Boot Camp	Fitness	Tyler Hudson	
6:00-7:00	Tumble L4	Cheerleading	Katie Fleming	
6:00-7:00	Stunt Class	Cheerleading	Bianca Mobbs	Makayla K
6:00-7:30	Southeast Highschool	Cheerleading		
6:00-8:00	ALLSTAR Revolution J2	Cheerleading	Arika Culp	Kelly Hall
6:00-8:00	Gymnastic Pre-team	Gymnastic	Shania Green	
7:00-8:30	Tumble L5	Cheerleading	Katie Fleming	
7:00-8:00	Tumble FIT	Cheerleading	Bianca Mobbs	

Friday

Time	Class	Program	Lead Instructor	Support
9:00-10:00	Boot Camp	Fitness	Austin Culp	
3:00-4:00	Staff Meeting	No Students on the Floor		
4:00-6:00	Bronze Team	Gymnastic	Austin Culp	Katie/ Shania
4:00-7:00	Silver Team	Gymnastic	Austin Culp	Katie/ Shania
4:00-8:00	Gold Team	Gymnastic	Austin Culp	Katie/ Shania
4:00-8:00	Platinum Team	Gymnastic	Austin Culp	Katie/ Shania

Saturday

Time	Class	Program	Lead Instructor	Support
9:00-10:00am	Boot Camp	Fitness	Tyler Hudson	
10:00-11:00	Open Tumble hour (\$10)	Cheerleading	Austin Culp	Shania Green
6:00-10:00	Open Gym (Ages 8-17)	All Programs		

Sunday

5:30-7:30pm	ALLSTAR Senior L3	Cheerleading	Austin Culp	
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All 1 on 1, 2 on 1, or 3 on 1 lessons are scheduled by Coaches or the Front Desk. If you are interested, please check for availability.

(423) 771-5285

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