



www.culpritathletics.com

(423) 771-5285

930 South Hamilton St.

Fall Schedule 2017

Monday

Time	Class	Program	Lead Instructor	Support
3:30-4:00	Staff Meeting	No Students on the Floor		
4:00-5:00	Foundation for Speed (Ages 7-11)	Performance	Dean Haynes	
4:00-5:30	Soccer Skills and Drills	Performance	Tyler Hudson	
4:10-5:40	Northwest High School	Cheerleading	Landis Johnson	Bianca Mobbs
4:30-6:30	Bronze Team	Gymnastic	Team Staff	
4:30-7:30	Silver Team	Gymnastic	Team Staff	
4:30-7:30	Gold Team	Gymnastic	Team Staff	
4:30-8:30	Platinum Team	Gymnastic	Team Staff	
4:30-5:30	Tumble L1	Cheerleading	Adam Scott	Makayla K
4:30-5:30	Preschool Gymnastic	Gymnastic	Chloe Medlin	
5:00-6:00	Transition to Strength (Ages 12-14)	Performance	Dean Haynes	
5:30-6:30	Tumble L2	Cheerleading	Makayla K	
6:00-7:00	Boot Camp	Performance	Tyler Hudson	
6:00-7:00	Cross Training	Performance	Dean Haynes	
6:00-7:00	Gymnastic L1	Gymnastic	Shania Green	
6:00-8:00	ALLSTAR Revolution J2	Cheerleading	Arika Culp	Kelly Hall
6:30-7:30	Tumbling L3	Cheerleading	Adam Scott	
7:00-8:00	Tumbling L4	Cheerleading	Aaron Scott	
7:00-8:00	Gymnastic L2	Gymnastic	Shania Green	
7:00-8:00	Strength Training (Ages 12+)	Cheerleading	Dean Haynes	
7:30-9:00	Heritage Middle Cheer Team	Cheerleading	Landis Johnson	Bianca Mobbs

Tuesday

Time	Class	Program	Lead Instructor	Support
3:30-4:00	Staff Meeting	No Students on the Floor		
4:00-5:00	Foundation for Speed (Ages 7-11)	Performance	Tyler Hudson	
4:00-6:00	Preteam All star Cheer	Cheerleading	Kelly Hall	
4:30-7:30	Gold Team	Gymnastic	Team Staff	
4:30-8:30	Platinum Team	Gymnastic	Team Staff	
4:00-5:30	Ringgold Highschool	Cheerleading	Landis Johnson	Bianca Mobbs
4:00-5:30	Dalton High (Spirit)	Cheerleading	Katie Fleming	Adam Scott
4:30-5:30	Tumble L1	Cheerleading	Makayla K	
5:30-6:30	Tumble L2	Cheerleading	Makayla K	
6:00-7:00	Hip Hop (Ages 6-12)	Dance	Alayna Culp	
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	Cross Training	Performance	Dean Haynes	
6:00-7:00	Tumble L4	Cheerleading	Bianca Mobbs	Adam Scott
6:00-8:00	Gymnastic Pre-Team	Gymnastic	Shania Green	
7:00-8:00	Gameday Preparation (Ages 15-18)	Performance	Dean Haynes	
7:00-8:00	Strength Training	Cheerleading	Tyler Hudson	
7:30-9:00	Heritage High School	Cheerleading	Landis Johnson	Bianca Mobbs

Wednesday

Time	Class	Program	Lead Instructor	Support
3:30-4:00	Staff Meeting	No Students on the Floor		
4:00-5:00	Foundation for Speed (Ages 7-11)	Performance	Dean Haynes	
4:00-5:30	Soccer Skills and Drills	Performance	Tyler Hudson	
4:30-6:30	Bronze Team	Gymnastic	Team Staff	
4:30-7:30	Silver Team	Gymnastic	Team Staff	
4:00-5:30	Dalton High School	Cheerleading	Landis Johnson	Bianca Mobbs
4:00-5:00	Tumbling L1	Cheerleading	Adam Scott	Makayla K
5:00-6:00	Transition to Strength (Ages 12-14)	Performance	Dean Haynes	
5:00-6:00	Tumbling L2	Cheerleading	Makayla K	Aaron Scott
5:30-7:00	Football Skills and Drills	Performance	Kerri Woodard	
5:30-6:30	Tumbling L4	Cheerleading		
5:30-6:30	Tumbling L3	Cheerleading	Adam Scott	
5:30-7:30	ALLSTAR Senior L3	Cheerleading	Landis Johnson	
6:00-7:00	Boot Camp	Fitness	Tyler Hudson	
6:00-7:00	Gymnastic L1	Gymnastic	Shania Green	Makayla K
6:30-8:00	Tumbling L5	Cheerleading	Katie Fleming	
7:00-8:00	Parkour	Gymnastic	Austin Morgan	
7:00-8:00	Strength Training (Ages 12+)	Cheerleading	Dean Haynes	

Thursday

Time	Class	Program	Lead Instructor	Support
3:30-4:00	Staff Meeting	No Students on the Floor		
4:00-5:00	Foundation for Speed (Ages 7-11)	Performance	Tyler Hudson	
4:00-5:00	Tumble L1	Cheerleading	Katie Fleming	
4:00-5:00	Tumble L2	Cheerleading	Adam Scott	
4:00-6:00	Pre Team Allstar	Cheerleading	Kelly Hall	
4:30-6:30	Platinum Team	Gymnastic	Austin Culp	
4:30-7:30	Gold Team	Gymnastic	Austin Culp	
4:30-7:30	Silver Team	Gymnastic	Austin Culp	
4:30-5:30	Gymnastic L1	Gymnastic	Shania Green	Makayla K
5:00-6:00	Tumble L2	Cheerleading	Katie Fleming	Adam Scott
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	Aaron Scott
6:00-7:30	Southeast Highschool	Cheerleading	Adam Scott	
6:00-8:00	ALLSTAR Revolution J2	Cheerleading	Arika Culp	Kelly Hall
6:00-8:00	Gymnastic Pre-team	Gymnastic	Shania Green	
7:00-8:00	Gameday Preparation (Ages 15-18)	Performance	Dean Haynes	
7:00-8:00	Strength Training	Performance	Bianca Mobbs	

Friday

Time	Class	Program	Lead Instructor	Support
4:30-6:30	Bronze Team	Gymnastic	Austin Culp	Katie
4:30-7:30	Silver Team	Gymnastic	Austin Culp	Katie
4:30-8:30	Gold Team	Gymnastic	Austin Culp	Katie
4:30-8:30	Platinum Team	Gymnastic	Austin Culp	Katie

Saturday

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

Sunday

2:00-3:30	Football Skills and Drills	Performance	Kerri Woodard	
2:00-3:30	ALLSTAR Senior L3	Cheerleading	Austin Culp	

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.
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