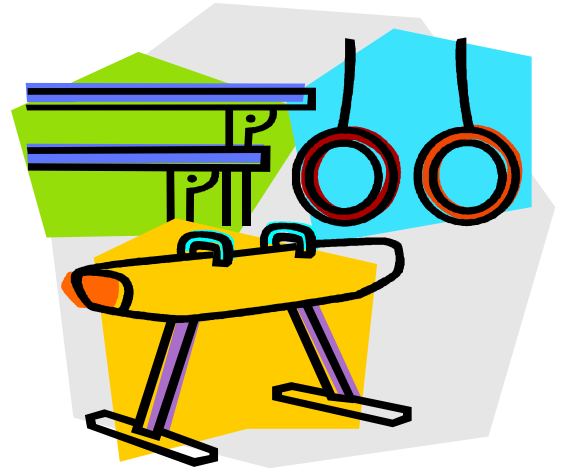


Tumble Bugs Gymnastics

Week One

Day 1

- 8:00-8:15 Stretch and Warm up
- 8:15-8:25 Floor Tumbling (Explore)
- 8:25-8:35 Beam (Explore)
- 8:35-8:45 Bars (Explore)
- 8:45-9:00 Review/Cool Down



Day 2

- 8:00-8:15 Stretch and Warm up
- 8:15-8:25 Floor Tumbling
- 8:25-8:35 Beam (Build Up/ Dismount)
- 8:35-8:45 Bars (Build Up/ Dismount)
- 8:45-9:00 Review/Cool Down

Day 3

- 8:00-8:15 Stretch and Warm up
- 8:15-8:25 Floor Tumbling
- 8:25-8:35 Beam (Balance/Walk)
- 8:35-8:45 Bars (Pull up Strength/ Swing)
- 8:45-9:00 Review/Cool Down

Day 4

- 8:00-8:15 Stretch and Warm up
- 8:15-8:25 Groups Tumbling
- 8:25-8:35 Beam (Balance/Walk)
- 8:35-8:45 Bars (Pull up Strength/ Swing)
- 8:45-9:00 Review/Cool Down

Week Two

Day 1

- 8:00-8:15 Stretch and Warm up
- 8:15-8:25 Floor Tumbling
- 8:25-8:35 Beam (Build Up)
- 8:35-8:45 Bars (Build Up)
- 8:45-9:00 Review/Cool Down

Day 2

- 8:00-8:15 Stretch and Warm up
- 8:15-8:25 Groups, Tumbling
- 8:25-8:35 Beam (Dismount)
- 8:35-8:45 Bars (Dismount)
- 8:45-9:00 Review/Cool Down

Day 3

- 8:00-8:15 Stretch and Warm up
- 8:15-8:25 Groups Tumbling
- 8:25-8:35 Beam (Balance/Walk)
- 8:35-8:45 Bars (Pull up Strength/ Swing)
- 8:45-9:00 Review/Cool Down

Day 4

- 8:00-8:15 Stretch and Warm up
- 8:15-8:25 Groups Tumbling
- 8:25-8:35 Beam (Balance/Walk)
- 8:35-8:45 Bars (Pull up Strength/ Swing)
- 8:45-9:00 Review/Cool Down