



# EAST CELEBRITY ELITE GYM SCHEDULE

## TEAM PRACTICE SCHEDULE

MONDAY		
TEAM	TIME	
Rumors	5:00-7:00pm	
Headliners	6:30-8:30pm	
Encore	7:00-9:00pm	
Rising Stars/Pre-Team	5:30-7:30pm	

TUESDAY		
TEAM	TIME	
Gossip	5:00-6:30pm	
Hot Shots	6:00-8:30pm	
Spotlight	6:30-9:00pm	

WEDNESDAY		
TEAM	TIME	
Divas	5:00-7:00pm	
VIP	5:00-7:30pm	
Headliners	6:30-8:30pm	
Rockstars	6:30-9:00pm	
Fame	6:30-9:00pm	

THURSDAY		
TEAM	TIME	
Daredevils	4:30-5:30pm	
Paparazzi	5:00-7:00pm	
Encore	5:00-7:00pm	
Superstars	6:30-9:00pm	
Envy	7:00-9:00pm	

SUNDAY		
TEAM	TIME	
Hot Shots	9:00-11:30am	
Spotlight	9:00-11:30am	
Divas	11:00-1:00pm	
VIP	11:00-1:30pm	
Gossip	12:30-2:00pm	
Daredevils	1:00-2:00pm	
Paparazzi	1:30-3:30pm	
Superstars	1:00-3:30pm	
Fame	2:30-5:30pm	
Rumors	3:00-5:00pm	
Rockstars	4:00-6:30pm	
Envy	5:00-7:00pm	
Swag	7:00-9:00pm	

### ECE TEAM MEMBERS TUMBLE CLASS

Year round members- Unlimited tumble classes  
 Take Two- One free tumble class  
 Pre-Team- One free tumble class  
 High School Seasonal All-Star- One free class

## TUMBLE/GROUP CLASSES

MONDAY		
TEAM	TIME	
Stretch & Jump	4:00-5:00pm	
Strength/Condition	5:00-6:00pm	
Basic/Beg. (Purple)	5:30-6:30pm	
Open Stunt & Tumble	6:00-7:30pm	
Colchester	7:00-8:30pm	
ELHS	7:30-9:00pm	
ECSU	8:00-9:30pm	

TUESDAY		
TEAM	TIME	
HS Tumble	3:30-5:00pm	
Stand tucks/fulls	4:00-5:00pm	
Stand handspring	5:00-6:00pm	
Beg. Tumble(Pink)	5:00-6:00pm	
Run Tucks (Red)	4:45-6:00pm	
Boys Power Tumble	6:00-7:00pm	
Run handspring(Blue)	6:45-8:00pm	

WEDNESDAY		
TEAM	TIME	
Beg. Tumble	4:00-5:00pm	

THURSDAY		
TEAM	TIME	
Full/Doubles(Gold)	5:45-7:00pm	
Run handspring(Blue)	6:45-8:00pm	
Layout (Silver)	7:45-9:00pm	

### TUMBLE CLASS PLACEMENT

#### **BASIC/BEGINNER (PURPLE)**

No or little tumble experience

#### **BEGINNER (PINK)**

Unspotted handspring anywhere in the gym

#### **RUNNING HANDSPRING (Blue)**

Consistent unspotted handspring on the floor

#### **RUNNING TUCKS (RED)**

Minimum of a consistent round off tuck on floor

#### **RUNNING LAYOUT (SILVER)**

Unspotted layout on the floor w/strong technique

#### **RUNNING FULL/DOUBLES/SPECALTIES (GOLD)**

Minimum of an unspotted consistent full on floor

#### **STANDING HANDSPRING**

Must have an unspotted standing hs on the floor

#### **STANDING TUCKS/FULLS**

Must have a minimum of an unspotted stand tuck on floor. May use aids, mats on the floor.

#### **NO REQUIREMENTS**

Stretch and Jump, Strength and Condition, Open Stunt Gym, Open Tumble Gym