

L.U.T.A.N Gym Schedule – January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day CLOSED	2	3 Tots Make up class 9-9:45a Flame No Open Gym practice 10-1p Strict Tumb Inter 1-1:55p
4 Closed	5 Strictly Tumbling inter. Make up class 6-7p Flame 7-9p	6 Cheer & Tumb 6-6:55p Strictly Tumb Beginner 7-7:55p Closed	7 Flexibility & Mobility (Soft launch) 6-7p Flame 7-9p	8 Strictly Tumb Beginner 6-6:55p Adult Tumbling (Tentative) 7-7:55p	9 Closed	10 Bounce & Beats 8 am Tots 9-9:45a No open Gym Flame @ Midwest Bash Comp Strict Tumb Inter 1-1:55p
11	12 Adult Strength & Conditioning (pilot program) 6-7p Flame 7-9p	13 Cheer & Tumb 6-6:55p Strictly Tumb Beginner 7-7:55p	14 Flexibility & Mobility (Soft launch) 6-7p Flame 7-9p	15 Strictly Tumb Beginner 6-6:55p Adult Tumbling (Tentative) 7-7:55p	16 Closed	17 Bounce & Beats 8 am Tots 9-9:45a OpenGym 10-12p StrictTumb Inter1-1:55p
18 Flame 3-5:30 p Tentative Practice	19 Adult Strength & Conditioning (pilot program) 6-7p Flame 7-9p	20 Cheer & Tumb 6-6:55p Strictly Tumb Beginner 7-7:55p	21 Flexibility & Mobility (Soft launch) 6-7p Flame 7-9p	22 Strictly Tumb Beginner 6-6:55p Adult Tumbling (Tentative) 7-7:55p	23 Closed	24 Bounce & Beats 8 am Tots 9-9:45a OpenGym 10-12p StrictTumb Inter1-1:55p
25 Flame 3-5:30 p Tentative Practice	26 Adult Strength & Conditioning (pilot program) 6-7p Flame 7-9p	Cheer & Tumb 6-6:55p Strictly Tumb Beginner 7-7:55p	Flexibility & Mobility (Soft launch) 6-7p Flame 7-9p	Strictly Tumb Beginner 6-6:55p Adult Tumbling (Tentative) 7-7:55p	30 Flame Practice Tenative 7-9 pm Closed	31 Bounce & Beats 8 am Tots 9-9:45a Open Gym 10-12p Strict Tumb Inter 1-1:55p

