



CLASS PROGRAM GOALS



ML TOTS	ML KIDS	BEGINNER	INTERMEDIATE	ADVANCED
Forward Roll - Floor	Forward Roll - Floor	Forward Roll - Floor	Handstand + Fwd Roll - Floor	Handstand + bridge + kick over - Floor
Backward Roll - Floor	Backward Roll - Floor	Backward Roll - Floor	Backward Roll to Push Up Position - Floor	Backward Roll to Handstand - Floor
Table - Floor	Bridge - Floor	Bridge + Hold 1 Leg Up - Floor	Bridge + Kick Over - Floor	Back Bend/ Walk Over - Floor
Handstand - Floor	Handstand - Floor	Strong Handstand - Floor	Handstand + Bridge - Floor	Front Handspring - Floor
Cartwheel - Floor	Cartwheel - Floor	Strong Cartwheel - Floor	Round Off - Floor	Back Handspring - Floor
Jump Up + Fwd Roll - Bars	Jump Up + Fwd Roll - Bars	Jump Up + Fwd Roll - Bars	Back Hip Circle - Bars	Double Back Hip Circle - Bars
3 Pull Ups - Bars	Chin Up Pull Over - Bars	Chin Up Pull Over - Bars	Chin Up Pull Over - Bars	Squat On - Bars
Casts - Bars	Casts - Bars	Casts - Bars	Roundoff Dismount - Beam	Glides/Kip - Bars
Glides - Bars	Glides - Bars	Glides - Bars	Side Handstand - Beam	Cartwheel - Beam
Low/High Beam Balance	Low/High Beam Balance	Walks on Low/High Beam	Cartwheel - Low Beam	Side Handstand + Twist Beam
Fwd Roll/Push up Hold - Beam	Fwd Roll/Push up Hold - Beam	Fwd Roll/Side Handstand Drill - Beam	Front Handstand - Low Beam	Front Handstand - Beam
Run + Jump + Donkey Kick + Squat On /Roll Vault	Run + Jump + Donkey Kick + Squat On/Roll - Vault	Vault: Run +Jump + Roll Handstand Tree Fall	Run + Jump + Handstand Tree Fall - Vault	Front Handspring - Vault