



ARCANE ATHLETICS

FEBRUARY EVENT SCHEDULE

SUNDAY

1

Open Workout 1:00pm-2:30pm

Join us for 90 minutes of Open Workout time where we'll help athletes learn to be self sufficient and plan their workouts!

SUNDAY

8

Open Workout 1:00pm-2:30pm

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SUNDAY

22

Open Workout 1:00pm-2:30pm

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SATURDAY

21

Coed & All-Girl Stunt Clinic!

6:00pm-7:00pm

7:15pm-8:15pm

Designed for flyers to work tosses, technique, and coed stunting. Males bases welcome — limited spots available!

SUNDAY

22

John Thompson Tumble Clinic!

4:30-6:00pm - BWO/BHS

6:00-7:30pm - Tucks, Layout, Twisting

Join us for two 90 min class options of packed out drills, exercises and tumbling with Coach John Thompson!

FEBRUARY CLOSURES

2/14



Guest Clinic



Open Workout



#TRAINYOURFIRE

www.ArcaneAthleticsNY.com

