



ARCANE ATHLETICS

AUGUST EVENT SCHEDULE

FRIDAY

7

Coed Stunt Clinic!

4:00pm-5:00pm

5:15pm-6:15pm

Designed for flyers to work tosses, technique, and coed stunting.

Males bases welcome, limited spots available!

SUNDAY

9

Open Workout 1:00pm-2:30pm

Join us for 90 minutes of Open Workout time where athletes learn to be self sufficient and plan their workouts! Work at your own pace and get familiar with new surfaces!

SATURDAY

15

Arcane Ascend Clinics!

All Athletes Welcome!

Level 1&2 5:00-6:30pm

Beginners stunts and progressions.

Level 3&4 6:30-8:00pm

Twisting, Releasing, Extended Single Leg Stunts all night!

SUNDAY

16

Open Workout 1:00pm-2:30pm

Join us for 90 minutes of Open Workout time where athletes learn to be self sufficient and plan their workouts! Work at your own pace and get familiar with new surfaces!

SUNDAY

30

Open Workout 1:00pm-2:30pm

Join us for 90 minutes of Open Workout time where athletes learn to be self sufficient and plan their workouts! Work at your own pace and get familiar with new surfaces!

AUGUST CLOSURES

8/1-8/2



Special Clinic



Open Workout



#TRAINYOURFIRE

www.ArcaneAthletics.com

