



STUNT MD VIRTUAL SCHEDULE

Time	Class	
12:00 PM	Introduction and Meet the Staffer	DAY 1
12:15 PM	Dynamic warmup	
12:30 PM	Stunt technique and strengthening for bases	
1:00 PM	Stunt technique, strengthening, and flexibility for top girls	
1:30 PM	Stunt Troubleshooting	
2:50 PM	Q&A	
3:00 PM	Closing	