

KINDER PROGRAMS

	DAY						
CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PARENT & TOT (18M-3Y)	9:00-9:30 9:35-10:05	10:15-10:45	4:45-5:15	10:15-10:45 4:00-4:30 6:15-6:45	4:45-5:15 6:00-6:30	10:15-10:45 11:30-12:00	9:15-9:45 9:45-10:15 10:30-11:00
KINDERGYM (3Y-5Y)	9:15-10:10 10:10-11:05	11:00-11:55 4:30-5:25 6:30-7:25	4:15-5:10 6:00-6:55	11:00-11:55 4:30-5:25 6:00-6:55	4:45-5:40 5:00-5:55 6:30-7:25	10:15-11:10 11:00-11:55 4:00-4:55	9:00-9:55 9:30-10:25 11:15-12:10
ADV. KINDERGYM (4Y-5Y)	11:00-11:55	6:15-7:10	5:00-5:55 6:15-7:10		5:30-6:25		12:00-12:55

GIRLS GYMNASTICS/BOYS GYMNASTICS PROGRAMS

	DAY						
CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ASPIRE (4-5Y) L1-L4	11:30-12:55		5:15-6:40	1. 5:30-6:55 2. 5:30-6:55	4:30-5:55		11:15-12:40
GIRLS GYM (6Y-9Y) L1-L4	9:00-10:25 10:15-11:40 11:15-12:40	5:00-6:25 6:15-7:40	4:30-5:55 6:45-8:15	4:30-5:55 4:45-6:10 1. 7:15-8:40 2. 7:15-8:40	4:30-5:55 5:45-7:10 6:00-7:25	4:30-5:55 5:00-6:25 6:15-7:40	9:30-10:55 10:00-11:25
GIRLS GYM (10Y-15Y) L1-L4		4:45-6:10	7:15-8:40	7:15-8:40	5:15-6:40		11:45-1:10

INT. GIRLS GYM (6Y- 9Y) L5-L7	9:00-10:55	6:30-8:25	4:30-6:25 7:00-8:55	4:30-6:25 6:45-8:40	6:00-7:55	5:30-7:25	12:15-2:10
INT. GIRLS GYM (10Y- 15Y) L5-L7		6:15-8:10	6:45-8:40			6:00-7:55	12:15-2:10
DEVO (10Y+) INVITE- ONLY			7:00-8:55		7:00-8:55		
BOYS GYM (6Y+)				5:00-6:25			9:30-10:55

TUMBLING PROGRAMS

	DAY						
CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEG. TUMBLE (6Y+) L1-L3		7:30-8:25		4:30-5:25	7:30-8:25		11:00-11:55
INT. TUMBLE (7Y+) L4-6	12:00-12:55	7:15-8:10	6:00-6:55	7:00-7:55			1:00-1:55
ADV. TUMBLE (7Y+) L7-L9				6:30-7:25	8:15-9:10		

TEEN TRAMP & TUMBLE (13Y+)					8:00-8:55		
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TRAMPOLINE PROGRAMS

	DAY						
CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEG TRAMP (6Y+) L1-L3		8:00-8:55				6:30-7:25	9:00-9:55
INT. TRAMP (7Y+) L4-L6				8:00-8:55		4:30-5:25	12:45-1:40
ADV. TRAMP (7Y+) L7-L9			8:15-9:10				
TEEN TRAMP & TUMBLE (13Y+)					8:00-8:55		

NINJA PROGRAMS

	DAY						
CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE NINJAS (4Y-6Y)	10:30-11:15	4:30-5:15 5:30-6:15	5:15-6:00 5:30-6:15	4:30-5:15	6:30-7:15		11:15-12:00
NINJA KIDZ (6Y-9Y)	11:45-12:40	5:30-6:25 6:45-7:40	4:30-5:25 6:30-7:25	5:30-6:25 6:30-7:25	4:30-5:25 7:30-8:25	7:45-8:40	12:15-1:10
NINJA PROS (10Y-12Y)		7:45-8:40	7:30-8:25				11:00-11:55
TEEN NINJA (13Y-19Y)				7:30-8:25			

ADULT GYMNASTICS PROGRAMS

	DAY						
CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT GYM (16Y+)		8:00-9:25					

DROP-IN PROGRAMS

	DAY						
CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRESCHOOL DROP-IN (0Y-5Y)			9:30-12:00		9:30-12:00		

OPEN GYM (16Y+)						7:30-9:00	
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