

Class Schedule September 2018-June 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mommy and Me Program						
Open Toddler Hour	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am	9:30-10:30am
Age 5 and under						
Preschool Program						
3-5* years old General Gymn	10:30-11:30 * 4/5 y old	10:30-11:15	10:30-11:30 * 4/5 y old	10:30-11:15	1:45-2:30	
45min and 60 min	1:45-2:30	3:50-4:50 * 4/5 y old	3:45-4:30	3:50-4:50 * 4/5 y old	4:00-4:45	10:15-11:00am
Small Group Instruction						
				5:00-6:00 (Max 4 kids)		
<i>Recreational Trampoline/Tumbling/Cheer/Gymnastics Classes for ages 5-7 y old</i>						
TRAMPOLINE 5-7 years old	5:00-6:00 TR	3:50-4:50 TR	5:00-6:00 TR	3:50-4:50 TR	5:00-6:00 TR	10:00-11:00 TR
TUMBLING 5-7 years old	3:50-4:50 TU	3:50-4:50 TU		5:00-6:00 TU	5:00-6:00 TU	
GYMNASTICS 5-7 years old	5:00-6:00 Boys Gymn	5:00-6:00 Gymn	5:00-6:00 Gymn	5:00-6:00 Gymn	3:50-4:50 Gymn	11:00-12:00 Gymn
<i>Recreational Trampoline/Tumbling/Cheer/Gymnastics Classes for ages 8-10 y old</i>						
TRAMPOLINE 8-10 years old	3:50-4:50 TR	3:50-4:50 TR	5:00-6:00 TR	5:00-6:00 TR	5:00-6:00 TR	10:00-11:00 TR
TUMBLING 8-10 years old	5:00-6:00 TU	5:00-6:00 TU	3:50-4:50 TU		5:00-6:00 TU	11:00-12:00 TU
GYMNASTICS 8-10 years old	6:10-7:10 Gymn		5:00-6:00 Gymn		3:50-4:50 Gymn	11:00-12:00 Gymn
<i>Recreational Trampoline/Tumbling/Cheer/Gymnastics Classes for ages 11-13 y old</i>						
TRAMPOLINE 11-14 years old	3:50-4:50 TR	6:10-7:10 TR		6:10-7:10 TR	4:00-5:00 TR	
TUMBLING 11-14 years old	5:00-6:00			3:50-4:50 TU	5:00-6:00 TU	
<i>Recreational Trampoline/Tumbling/Cheer/Gymnastics Classes for ages 15-17 y old</i>						
We can create a class upon the request, with minimim of 3 kids						
ADVANCED CLASSES						
Advanced Classes	4:00-5:30 TR ADV 5-7 y old	5:00-6:30 TR ADV	6:10-7:40 TR	6:30-8:00 Boys Gymnastics		9:30-11:00 TR ADV
	6:10-7:40 TU ADV	7:15-8:45 TR ADV	7:15-8:45 TR ADV	7:15-8:45 TU ADV		
Adult Classes	8:00-9:00pm	9:15-10:15am			10:30-11:30am	
Open Work Out	8:00-9:00pm	8:00-9:00pm	8:00-9:00pm	8:00-9:00pm	8:00-10:00pm Teen Night	6:00-8:00pm
						reservation required
						SUNDAY
						4:30-6:30
						reservation required