

GYMNASTICS/TUMBLING SCHEDULE SPECIALTY

MONDAYS

TIME	CLASS	Ages	Duration
9:00-10:30	INDOOR PLAYLAND	5 and under	90 min
10:30-11:15	TINY STARZ TWIRL & TUMBLE	3-5	45 min
11:30-12:30	GRANDPARENTS & GAMES	5 and under	60 min
3:30-5:00	GEMNASTICS AFTERSCHOOL CLUB	5-11	90 min
3:30-4:30	GYMSTARZ I (Beginner Rec)	6-9	60 min
4:30-5:30	GYMSTARZ II (Intermediate Rec)	8-12	60 min
5:30-6:15	SUPER HERO TRAINING	3-5	45 min
6:15-7:00	NINJA 1	6-9	45 min

TUESDAYS

3:30-4:15	GEMNASTICS AFTERSCHOOL CLUB	5-11	90 min
5:30-6:15	ME AND MY SHADOW	18mos- 2.5	45 min
6:30-8:00	ADULT GYMNASTICS	18+	90 min

WEDNESDAYS

9:00-10:30	INDOOR PLAYLAND	5 and under	90 min
10:30-11:00	TUMBLE STARZ	3&4	30 min
11:00-11:45	KINDERSTARZ	5&6	45 min
3:30-4:15	TAE KWON DO	5-9	45 min
3:30-5:00	GEMNASTICS AFTERSCHOOL CLUB	5-11	90 min
4:00-5:30	GYMSTARZ III (advaced rec)	9+	60 min
4:30-5:15	NINJA 1	6-9	60 min
5:30-6:15	NINJA 2	10+	60 min
4:15-5:00	TUMBLING	6-9	45 min
5:30-6:30	GYMSTARZ I (Beginner Rec)	8-12	60 min
6:30-7:30	BOYS GYMSTARZ	9+	60 min

THURSDAYS

3:30-5:00	GEMNASTICS AFTERSCHOOL CLUB	5-11	90 min
4:30-5:00	TUMBLE STARZ	3&4	30 min
5:00-5:45	KINDERSTARZ	5&6	45 min
5:00-6:00	TUMBLING	10+	60 min

FRIDAYS

3:30-5:00	GEMNASTICS AFTERSCHOOL CLUB	5-11	90 min
6:00-7:30	PARKOUR TRAINING	9+	90 min

6:30-8:00	ADULT OPEN GYM	18+	90 min
-----------	----------------	-----	--------

SATURDAYS

9:00-10:00	GYMSTARZ I	6-11	60 min
10:00-10:45	KINDERSTARZ	5-7	45 min
10:00-11:30	GYMSTARZ II	8+	90 min
10:00-11:00	NINJA 2	10+	60 min
11:00-12:30	PARKOUR TRAINING	9+	90 min
11:00-12:30	OPEN GYM	6+	90 min
1:00-3:00	WEEKLY CLINICS TBD	TBD	120 min

CHEER SCHEDULE

MONDAYS

TIME	CLASS	AGES	DURATION
------	-------	------	----------

TUESDAYS

4:15-5:00	TUMBLING	10+	45 Min
-----------	----------	-----	--------

5:00-7:00	SENIOR CHEER	15 +	120 min
-----------	--------------	------	---------

WEDNESDAYS

4:00-4:45	TINY CHEER	3 & 4	45 min
-----------	------------	-------	--------

4:45-5:30	MINI CHEER	5-7	45 min
-----------	------------	-----	--------

5:30-7:00	YOUTH CHEER	8-11	90 min
-----------	-------------	------	--------

7:00-8:30	ADULT CHEER	18+	90 min
-----------	-------------	-----	--------

THURSDAYS

6:00-8:00	SENIOR CHEER	15+	120 min
-----------	--------------	-----	---------

FRIDAYS

4:00-5:30	YOUTH CHEER	8-11	90 min
-----------	-------------	------	--------

SATURDAYS

DANCE SCHEDULE

MONDAYS

TIME	CLASS	AGES	DURATION
4:45-5:30	TAP & TWIRL	5-7	45 min
5:15-6:15	BALLET/TAP COMBO	7-10	60 min
6:15-7:00	BRONZE TEAM DANCE		45 min

TUESDAYS

4:00-4:30	Creative Movement	3 & 4	30 min
4:30-5:15	TAP & TWIRL	5-7	45 min
5:15-6:00	HIP HOP	7-10	45 min
6:00-6:45	SILVER AND GOLD		45 min
6:45-7:30	JO DANCE		60 min

WEDNESDAYS

4:15-5:15	BALLET 3	10 +	60 min	Must have at least 2 years of bal
5:15-6:00	CONTEMPORARY	10 +	60 min	
6:00-6:45	JAZZ	10 +	45 min	
6:45-7:30	HIP HOP ADV	10+	45 min	
7:30-8:15	ADULT HIP HOP CARDIO			

THURSDAYS

4:00-4:45	HIP HOP Beginner/INT	9-12	45 min
4:45-5:15	MINI HIP HOP	4-6	30 min
5:15-6:00	TAP & TWIRL	5-7	45 min
6:00-6:45	COMPANY REHEARSAL	DANCE TEAM	45 Min
6:45- 7:30	GOLD & JO DANCE		60 min

SATURDAYS

9:00-9:30	Creative Movement	3 & 4	30 min	
9:30-10:00	MINI HIP HOP	4-6	30 min	
10:00-10:45	TWIRL & TUMBLE	5-7	45 min	
10:45-11:30	MUSICAL THEATER	9-12	45 min	
11:30-1:30	ALL STAR DANCE TEAM		120 min	BY AUDITION ONLY