

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
10:00-11:00	KINDERSTARZ	5-7	45 min
10:00-11:00	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



Later pickup available



Later pickup available

