

Classes - levels/days/hr.	Age	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Girls and Boys Morning Program								
Mommy&Me	1-3	45min		10am-10:45am		10am-10:45am		
Bronze/Silver	(5-6)	60min			11am			
Bronze/Silver	7+	60min			11am			
Boys 7+ yr.	7+	90min			11:00 - 12:30			
Girls and Boys Afternoon classes - Gymnastics, Tumbling, Trampoline, Parkour, Dance								
Stars	(3-4)	45min	3:30; 4:30	4:30; 5:30	5:30	3:30	3:30	9am; 10am;
Bronze	(5-6)	60min	3:30; 4:30	5:30	3:30; 5:30	4:30; 5:30	4:30	9am; 10am; 11am
Silver	(5-6)	60min	4:30		3:30	6:30		
Bronze	7+	60min	6:30	3:30	4:30	3:30; 4:30	3:30; 5:30	9am; 11am
Silver	7+	60min	5:30; 6:30	5:30	4:30	3:30; 4:30; 5:30	5:30	
Hot Shots	7+	90min						
Gold	7+	60min				6:30		
Tumbling Begin.		60min	3:30; 4:30	3:30;4:30; 6:30	4:30	3:30		
Tumbling Level 1-2		60min	5:30	6:30	4:30			11am
Tumbling Level 2-3		60min		7:30	6:30			
Trampoline		60min				6:30		
Gymnastics/Parkour ICOSA	7+	60min					2:30	
Parkour		60min	5:30	5:30		5:30		
Adult Gymnastics		90min				7:30		
BOYS GYMNASTICS, Team Boys								
Boys	(4-6)	60min	3:30		3:30	3:30		
Boys	7+	60min		5:30				
Boys Level 4 Team		6hr.		4:30-6:30		4:30-6:30	3:30-7:30	
Boys Level 5 Team		9hr.		4:30-7:30		4:30-7:30	4:30-7:30	
Boys Level 6/7 Team		16hr	4:30-8:30		4:30-8:30		4:30-8:30	9am-1pm
Developmental and Team Programs for Girls								
Gym Stars		4hr.	5:30-7:30		5:30-7:30			
Team level 3 AAU		9hr		3:30-6:30		3:30-6:30	3:30-6:30	
Team level Xcel		9hr		3:30-6:30		3:30-6:30	3:30-6:30	
Team level 4 (Fall) - Opt.		10.5/14hr	3:30-7:00		3:30-7:00	3:30-7:00		9am-12:30

