

Amplitude Gymnastics Academy Schedule for recreational class for 2025-2026

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770-664-2500

Classes - levels/days/hr.	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYMNASTICS							
Stars 3-4 yr.	45min	4:30; 5:30	5:30	4:30			9am,10am
Bronze (5-6)	60min	3:30;4:30		4:30;5:30	4:30		9am,10am
Bronze (7+)	60min	5:30	3:30;4:30	5:30	4:30	4:30	9am
Silver (7 +)	60min			5:30; 6:30	5:30		
Gold (7 +)	60min						
Adult Gymnastics	90min		7:30-9:00		7:30-9:00		

Tumbling Beginners	60min	4:30			3:30	5:30	
Tumbling I	60min		5:30		3:30;6:30		11am
Tumbling Level 2	60min		3:30	6:30			
Tumbling Level 3	60min		4:30				

Parkour

Parkour	60min	5:30	5:30				
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BOYS GYMNASTICS

Boys (5+ yr.)	60min	60min					
Boys (6+ yr.)	60min	60min				4:30	
Boys 7+ yr.	60min	60min		4:30	4:30	5:30	

