

Classes - levels/days/hr.	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYMNASTICS							
Stars	3-4 yr. 45min	3:30;4:30	4:30	4:15	4:30		9am; 10am
Bronze	(5-7) 60min	3:30	3:30	5:30			9am; 11am
Bronze	(5-8) 60min	5:30	4:30 (7+)	4:30;5:30;6:30	4:30 (7+)	4:30 (7+)	10am
Silver	(7 +) 60min	6:30	5:30	6:30	5:30	3:30	
Gold	(7 +) 60min		5:30				
Conditioning class (8-12)	60min	5:30					
Adult Gymnastics	90min				7:30-9:00		
TUMBLING							
Tumbling Beginners	60min	4:30			3:30	5:30	11am
Tumbling I	60min		6:30 (9+)		3:30;6:30		11am
Tumbling Level 2/3	60min	6:30	3:30		2:30		
T & T	60min				6:30		
Parkour							
Parkour	60min		5:30		5:30		
BOYS GYMNASTICS							
Boys (5-7 yr.)	60min	60min	4pm	4pm			
Boys 7+ yr.	60min	60min			5:30		

