

Amplitude Gymnastics Academy Schedule for recreational class for 2023-2024

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Classes - levels/days/hr.	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYMNASTICS							
Stars	3-4 yr. 45min	3:30;4:30	4:30; 5:30				9, 10,11am
Bronze	(5-7) 60min	3:30; 4:30	3:30	5:30			9am
Bronze	(7+) 60min	5:30	3:30; 4:30	4:30;5:30	4:30	4:30	9am, 10am
Silver	(7 +) 60min	6:30	5:30	5:30; 6:30	5:30	3:30	
Gold	(7 +) 60min	6:30	5:30		5:30		
Adult Gymnastics	90min		7:30-9:00		7:30-9:00		

TUMBLING							
Tumbling Beginners	60min	4:30; 5:30			3:30	5:30	11am
Tumbling I	60min		6:30 (9+)		3:30;6:30		11am
Tumbling Level 2/3	60min		4:30				
T &T	60min				6:30		

Parkour							
Parkour	60min		5:30		5:30		

BOYS GYMNASTICS							
Boys (5-7 yr.)	60min	60min		4:30	4pm	4:30	
Boys 7+ yr.	60min	60min				5:30	

