

**Amplitude Gymnastics Academy Schedule for recreational class for 2024-2025**

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770-664-2500

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

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

**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	4:30	4:30	
Boys 7+ yr.	60min	60min				5:30	

