



2025-2026 CLASS SCHEDULE

Monday

4:00-4:45 - Gymnastics 3-4 yrs
4:00-4:45 - Gymnastics 5-6 yrs
4:45-5:30 - Gymnastics 3-4 yrs
4:45-5:40 - Gymnastics L1 & L2
7-12 yrs
5:45-6:30 - Gymnastics 5-6 yrs
5:45-6:40 - Gymnastics L1 & L2
7-12 yrs
6:45-7:40 - Gymnastics L1 & L2
7-12 yrs

Tuesday

4:00-4:45 - Gymnastics 3-4 yrs
4:00-4:55 - Gymnastics 7+ yrs
5:00-5:45 - Gymnastics 5-6 yrs
5:00-5:55 - Gymnastics L1 & L2
7-12 yrs
6:00-7:30 - Team Level II

Wednesday

3:30-4:15 - Gymnastics 5-6 yrs
3:30-4:15 - Gymnastics 3-4 yrs
4:15-5:00 - Mommy & Me Gymnastics
2-3 yrs
4:15-5:00 - Gymnastics 5-6 yrs
5:00-5:55 - Gymnastics L1 & L2 7-12 yrs
5:10-5:55 - Gymnastics 3-4 yrs
6:00-6:55 - Gymnastics L1 & L2 7-12 yrs

Thursday

4:00-4:55 - Gymnastics L1 & L2
7-12 yrs
4:00-4:45 - Gymnastics 5-6 yrs
5:00-5:45 - Gymnastics 3-4 yrs
5:00-5:45 - Gymnastics 5-6 yrs
6:00-7:30 - Team Level II

Friday

4:00-4:45 - Gymnastics 5-6 yrs
5:00-5:55 - Gymnastics L1 & L2
7-12 yrs
6:30-9:00 - Open Gym
(reservations only)

OPEN GYM

Fridays 6:30-9:00 pm
Ages 5-11 yrs, \$30/child
Includes 2 slices of pizza & juice.
Reserve your spot online!



TODDLER TIME

Wednesdays 9:00 am-12:00 pm
Ages Walkers-5 yrs, \$10/child
Indoor, Parent-led Open Playtime

SKILLS

- Forward Roll
- Backward Roll
- Straddle Roll
- Handstand
- Cartwheels 1 or 2 handed
- Standing Backbend
- Round Off
- Holding Handstands
- Round Off
- Back & Front Walkover
- Front Limber in various combinations
- Front and Back Handspring
- Front and Back Tuck
- Uneven Bars
- Balance Beam
- Vault Skills
- Various Skill Combinations

Private lessons may be scheduled before or after regular classes, including weekends in increments of 30 minutes, or 1 hour.

Birthday parties scheduled on weekends and subject to availability.