

2024-2025 Schedule

Preschool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hummingbirds Parent & Me	6:10-7:00		10:30-11:20			10:10-11:00
Kiwis Ages 3.5-4.5	5:10-6:00 6:10-7:00		5:25-6:15	4:00-4:50		11:10-12:00
Penguins Ages 4.5-5.5	4:00-5:00			4:00-5:00 4:55-5:55	4:50-5:50	
Falcons Kindergarten	6:10-7:10	5:15-6:15				
All Around	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1	5:10-6:10	6:25-7:25		6:00-7:00	6:00-7:00	
Level 2	5:10-6:10	6:25-7:25		5:10-6:10 6:15-7:15		
Level 3			5:15-6:15	5:10-6:10		
Level 4	4:00-5:15	6:10-7:25				
Level 5/6			7:30-9:00	6:15-7:45		
Pre-Team		4:30-6:00			4:30-6:00	
Teams		4:30-7:00	4:30-7:00 (Gold)		4:30-7:00	
Ninja	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninja		5:15-6:15 6:25-7:25	5:15-6:15	5:15-6:15 6:25-7:25		
Ninja Masters		7:30-8:30	6:25-7:25	7:30-8:30		
Tumble/Tramp	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1/2 KO			6:25-7:25			
Level 3/4 KO			6:25-7:25			
Level 4 WO			6:25-7:25	7:45-8:45		
Level 5/6 BHS/Tuck		7:30-8:30	4:00-5:00			
Level 7 Twist			4:00-5:00			
Adaptive Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Goldfish						9:00-10:00
Adult Fitness	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gymnastics All Levels	7:15pm-8:45pm		7:30pm-9:00pm			
Weightlifting						

