

2025-2026 Schedule

Preschool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hummingbirds Parent & Me	10:00-10:50 6:10-7:00	10:00-10:50	10:00-10:50	10:00-10:50		10:10-11:00
Kiwis Ages 3.5-4.5	11:00-11:50 5:10-6:00 6:10-7:00	11:00-11:50	11:00-11:50 5:25-6:15	11:00-11:50 4:00-4:50		
Penguins Ages 4.5-5.5	4:00-5:00			4:00-5:00 4:55-5:55		11:10-12:10
Falcons Kindergarten	4:00-5:00 6:10-7:10	5:15-6:15			5:00-6:00	10:00-11:00
All Around	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1	5:05-6:05	5:15-6:15		6:00-7:00	6:10-7:10	
Level 2	5:05-6:05	6:25-7:25	5:15-6:15	5:10-6:10	6:10-7:10	
Level 3		4:00-5:00 6:25-7:25		5:10-6:10 6:20-7:20		
Level 4	5:05-6:20	6:10-7:25		6:00-7:15		
Level 5/6			7:30-9:00			
Pre-Team		4:30-6:00			4:30-6:00	
Teams – Br, Sil, Gld: Platinum:		4:30-7:00 All 3 4:00-7:30	4:30-7:00 Gold 4:00-7:30		4:30-7:00 All 3 4:00-7:30	
Ninja	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninja	6:10-7:10		5:15-6:15	6:25-7:25		
Ninja Masters	5:00-6:00	6:25-7:25	6:25-7:25	5:15-6:15		
Tumble/Tramp	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1/2 KO				6:20-7:20		
Level 3/4 KO		7:30-8:30	6:25-7:25	7:30-8:30		
Level 4 WO	6:40-7:40		4:00-5:00	7:30-8:30		
Level 5/6 BHS/Tuck		7:30-8:30	4:00-5:00			
Level 6.5 Flip						
Level 7 Twist						
Adaptive Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Goldfish					7:15-8:15	
Adult Fitness	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gymnastics All Levels	7:15-8:45		7:30-9:00			
Weightlifting						