

# 2022-2023 Gymnastics Schedule

Preschool Stars Program Schedule						
<b>REACH FOR THE STARS</b> (Ages 12 - 18 months)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
				11:45-12:30		45 minutes
<b>TWINKLE, TWINKLE LITTLE STARS</b> (Ages 12 months - 2 years)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
		11:15-12:00		10:45-11:35	8:00-8:50	45 minutes
<b>TINY STARS</b> (Age 3)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
		10:10-11:00 2:00-2:50	4:00-4:50	9:45-10:35	9:00-9:50	50 minutes
<b>SHINING STARS</b> (Ages 4 - 5)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
		9:00-10:00 2:45-3:45	4:00-5:00		9:00-10:00 10:00-11:00	1 hour

# School-Age Stars Progression Program Schedule

## FUTURE STARS - BLUE (Ages 6 - 8)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
4:00-5:00	4:00-5:00	4:00-5:00	5:00-6:00	5:30-6:30	9:00-10:00	1 hour

## FUTURE STARS - RED (Ages 6 - 8)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
	5:00-6:30		5:00-6:30		10:00-11:30	90 minutes

## RISING STARS - BLUE (Ages 9 and up)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
5:00-6:00				5:30-6:30	10:00-11:00	1 hour

## RISING STARS - RED (Ages 9 and up)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
		5:00-6:30				90 minutes

## Super Stars & Power Stars Schedule

### SUPER STARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
			5:00-7:00		10:00-12:00	2 hours

### POWER STARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
			5:00-7:00		10:00-12:00	2 hours

## Boys Gymnastic Class

### Boys Gymnastics ( ages)

Monday	Class Duration
5:00-6:00	1 hours

## POWER GYM TEAM

<b>Power Gym Team ( ages/ invite only)</b>	
	Class Duration
Coming soon	1 hours

## Additional Programs Schedule

<b>NINJA FIT</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
				4:00-5:00		1 hour
<b>HIP HOP/ NINJA COMBO ( Boys and Girls)</b>						
				5:30-6:30		1 hour
<b>CHEER TUMBLING (Ages 6-9)</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
		5:30-6:15				45 minutes
<b>CHEER TUMBLING (Ages 10yrs+)</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
7:00-7:45						45 minutes

<b>FLIP N' FUN</b> (Ages 1 - 6) (November- April)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Duration
			10:00-11:30			90 minutes