

SPRING CLASS SCHEDULE

FROM COMMOTION TO CONDITIONING

GYMNASTICS

Parent/Child

Free Style 1-4 Years

Wednesday 9:00-10:00

Monday 2:15-3:15

1 year

Tuesday 10:15-11:15

Thursday 9:00-10:00

2 years

Monday 5:15-6:15

Tuesday 9:00-10:00

Tuesday 10:45-11:45

Saturday 9:30-10:30

2 + 3 years

Thursday 10:45-11:45

Friday 10:15-11:15

Beginner

3 years, coed

Monday 6:00-7:00

Tuesday 9:30-10:30

Wednesday 10:15-11:15

Thursday 10:15-11:15

Saturday 10:45-11:45

3+4 years, coed

Tuesday 4:45-5:45

Friday 10:45-11:45

4+5 years, coed

Monday 4:45-5:45

Thursday 9:30-10:30

4+ 5 years, girls

Tuesday 3:30-4:30

Saturday 10:15-11:15

4 + 5 years, boys

Thursday 3:30-4:30

Saturday 11:30-12:30

6-8 years, girls

Monday 3:30-4:30

Saturday 12:00-1:00

6-8 years, boys

Thursday 4:45-5:45

7+ years, girls

Monday 6:30-7:30

Intermediate

5-7 years, girls

Tuesday 4:00-5:00

Thursday 4:00-5:00

8+ years, girls

Tuesday 6:00-7:00

Routines 6+ years (invite only)

Thursday 6:00-7:00

Adult Gymnastics

Tuesday 7:15-8:15

TUMBLING

Cartwheels/Handstands 5+ years

Monday 4:00-5:00

Handsprings/Flips, 6-8 years

Tuesday 5:15-6:15

Handsprings/Flips, 9+ years

Thursday 5:15-6:15

Handsprings/Flips, Teen/Adult

Thursday 7:00-8:00

PARKOUR

6-8 years, girls beginner

Wednesday 4:00-5:00

6-8 years, boys beginner

Wednesday 3:30-4:30

6-8 years, intermediate

Wednesday 4:45-5:45

Wednesday 5:15-6:15

9+ years

Wednesday 6:00-7:00

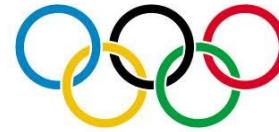
Friday 4:00-5:00

Teen Parkour

Wednesday 7:00-8:00

Adult Parkour

Wednesday 6:30-7:30



We are gearing
up for the
2012 OLYMPICS!

POLICIES

REFUNDS

Before the first day of a session: We are happy to offer a refund in full two weeks before classes begin. Less than two weeks before classes begin, we will offer a refund of payment less the \$30 non-refundable deposit.

After the first day of a session: We are happy to offer refunds of all classes not yet attended less the \$30 non-refundable deposit. We will not refund any missed classes, except for extraordinary circumstances.

MISSED CLASSES

We understand that sometimes you have to miss class, please let us know if you are going to miss. Classes cannot be made up unless we are closed or cancel class. Refunds will not be granted for missed classes except for extraordinary circumstances. You are welcome to attend Open Gym or Parkour Jam on a weekly basis.

OPEN GYM or PARKOUR JAM

Open Gym and Parkour Jam are for registered students only. A student must be currently registered for an entire session to get access to open gym. This free hour of work out is for students to practice skills they have learned in class.

Gymnasts Only Open Gym

Friday 6:00-7:00pm

Saturday 8:30-9:30am

Parkour Only Jam

Friday 5:00-6:00pm

