

CROSSFIRE GYMNASTICS & CHEER

Fall 2024 Class Schedule - Starts August 5th

Class Type		MON	TUES	WED	THURS	FRI
Gymnastics Classes:						
KinderGym Kids (Boys & Girls ages 3-6)	45 min	3:30 5:30 6:30	6:30	4:30 5:30 6:30	5:30 6:30	3:30
Girls Progressive (Ages 6+ / Levels 1-2)	1 hr	4:20 5:30	4:20 5:30 6:40	3:15 4:20	3:15 4:20 6:40	
Girls Progressive 2-3 (Ages 8+ / Levels 2-3)	1 hr	6:40				4:20
Girls Advanced Levels 3 and up	1.5 hr		4:00-5:30	5:45-7:15	5:45-7:15	
Tumbling & Cheer Skills:						
Beginner/PeeWee (Ages 5-8)	1 hr				5:30	
Intermediate (Ages 8-15)	1 hr		5:30	5:30		
Advanced Must Have BackHandspring	1 hr	6:40				
Competition Teams:						
Xcel Bronze DP Levels 1-2	1 hr		2x/week Tues/Thurs		2x/week Tues/Thurs	
Xcel Silver/Gold DP Levels 3-4	1 hr	3x/week Mon/Wed/Fri		3x/week Mon/Wed/Fri		3x/week Mon/Wed/Fri
XP, XD, XS DP Levels 5-10	1 hr	MON	TUES	WED	THURS	

