

# CROSSFIRE GYMNASTICS & CHEER

## 2025 Class Schedule

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