| | Monday | Tuesday | Wednesdays | Thursday | Friday | Saturday |
|----------|--------------------|-----------------------|--------------------|----------------|--------------------|--------------------|
| | | | | | | |
| Location | Main Gym | Main Gym | Main Gym | Main Gym | Main Gym | Main Gym |
| Times | 4:30-6:30pm | 4:30-7:30pm | 4:30-6:30pm | 4:30-7:30pm | 4:30-5:30 | 9-12pm |
| Class | XB/XS/XG | Levels 2-4 | XB/XS/XG | Levels 2-4 | Beginner 5/6 | Levels 4-9 & XP/XD |
| | | | | | | |
| Location | Mini Gym | Mini Gym | Mini Gym | Main Gym | Main Gym | Main Gym |
| Times | 6:30-7:30pm | 6:00-7:00pm | 6:30-7:30pm | 7:30-9pm | 5:30-7pm | 12-1:30pm |
| Class | Beginner 5/6 | Tiny Gym Warriors 3/4 | Tiny Tumblers | Adult Gym | Beginner 7 & older | Intermediate |
| | | | | | | |
| Location | Main Gym | Mini Gym | Main Gym | Main Gym | Main Gym | |
| Times | 6-9pm | 7:00-8:00pm | 6-9pm | 7-9pm | 7-9pm Fast Track | |
| Class | Levels 5-9 & XP/XD | Tiny Gym Warriors 5 + | Levels 5-9 & XP/XD | Level 6-9 & XG | Levels 2-4, XB/XS | |
| | | | | | | |
| Location | | Main Gym | | | | |
| Times | | 7-9pm Fast Track | | | | |
| Class | | Levels 5-9, XG/XP/XD | | | | |