

# Winter/Spring 2026



# SPARK ATHLETICS

| CLASSES                                      | MONDAY                              | TUESDAY                               | WEDNESDAY                                          | THURSDAY               | FRIDAY | SATURDAY                   | SUNDAY |
|----------------------------------------------|-------------------------------------|---------------------------------------|----------------------------------------------------|------------------------|--------|----------------------------|--------|
| <b>Girls<br/>Gymnastics<br/>Level 1</b>      | 5:00-5:50<br>6:00-6:50              | 4:00-4:55<br>7:00-7:50                | 11:30-12:20<br>4:00-4:50<br>5:00-5:50<br>7:00-7:50 | 4:00-4:50<br>6:00-6:50 |        | 10:00-10:50<br>11:00-11:50 |        |
| <b>Girls<br/>Gymnastics<br/>Level 2</b>      | 7:00-7:50                           | 5:00-5:55                             | 6:00-6:50                                          | 7:00-7:50              |        | 11:30-12:20                |        |
| <b>Boys<br/>Gymnastics<br/>Level 1</b>       |                                     | 4:00-4:50                             | 7:00-7:50                                          |                        |        |                            |        |
| <b>PARENT &amp; TOT<br/>(ages 1-3)</b>       | 7:00-7:30                           | 10:00-10:30<br>7:00-7:30              |                                                    | 5:00-5:30<br>5:30-6:00 |        | 11:00-11:30                |        |
| <b>PRESCHOOL<br/>GYM (3-5)</b>               | 4:00-4:50<br>5:00-5:50<br>6:00-6:50 | 10:45-11:35<br>5:00-5:55<br>6:00-6:50 |                                                    | 4:00-4:50<br>6:00-6:50 |        | 9:00-9:50<br>11:30-12:20   |        |
| <b>INTRO TO<br/>CHEER<br/>LEVEL 1</b>        | 4:00-4:50                           | 6:00-6:50                             |                                                    |                        |        | 9:00-9:50                  |        |
| <b>NOVICE CHEER<br/>LEVEL 2</b>              |                                     | 5:00-5:50                             | 4:00-4:50                                          |                        |        |                            |        |
| <b>CHEER<br/>BACKHANDSPRINGS<br/>LEVEL 3</b> |                                     | 7:00-7:50                             | 5:00-5:50                                          |                        |        |                            |        |
| <b>NINJA LEVEL 1</b>                         | 5:00-5:50<br>6:00-6:50              |                                       | 10:30-11:20<br>6:00-6:50                           | 4:00-4:55<br>5:00-5:50 |        | 10:00-10:50                |        |

**Find us at: 502-909-8985**  
**361 Baxter Ave in the Highlands**



**REGISTER AT:**  
**[www.sparkathleticshighlands.com](http://www.sparkathleticshighlands.com)**