



Houston Rhythmic Gymnastics  
Schedule August 12, 2024 - May, 31 2025

REGISTER [houstonrg.com](http://houstonrg.com)  
\$99 registration fee

TEXT (281) 901-1030  
[office@houstonrg.com](mailto:office@houstonrg.com)

Non Competitive classes								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Hours/week	Monthly Tuition
Beginners	4.30-5.30 pm		4.30-5.30 pm				2	\$250
Beginners	5.30-6.30 pm		5.30-6.30 pm				2	\$250
Beginners		5.00-6.00 pm		5.00-6.00 pm			2	\$250
Recreational	6.30-8.00 pm		6.30-8.00 pm				3	\$275
Beginners PRO*		6.00-8.00 pm		6.00-8.00 pm			4	\$300
Advanced Stretching						9.00 - 10.30 am	1,5	\$175**
* designates a program that is by invite only								
** \$85 for current HRG students								

Competitive classes*							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Hours/week
Level 3		5:00-6:00 pm team ballet 6: 00-8:00 pm RG class		5:00-6:00 pm team ballet 6: 00-8:00 pm RG class			6
Level 4	5:00-8:00 pm		5:00-8:00 pm		4:30-6:30 pm team ballet 6.30-8.00 pm RG class		9.5
Level 5	5:00-8:00 pm 8:00-8:30 pm Self conditioning and cool off	5:00-8:00 pm 8:00-8:30 pm Self conditioning and cool off		4:30-8:00 pm SELF PRACTICE DAY   Coach Nastia's private classes	4:30-6:00 pm team ballet 6: 00-8:00 pm RG class		14
Level 6*	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off	4.30-8:30 pm SELF PRACTICE DAY   Coach Luba's private classes	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off		9:00 am-11:00 am RG class 11:00 am -1:00 pm Ballet	20
Level 7-9 coach Luba	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off	4.30-8:30 pm SELF PRACTICE DAY   Coach Luba's private classes	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off	4:30-8:00 pm Regular classes 8:00-8: 30 pm Self conditioning and cool off	9:00 am-11:00 am RG class 11:00 am -1:00 pm Ballet	24
Level 7-9 Mrs. Valeria	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off	4:30-8:30 pm SELF PRACTICE DAY   Mrs. Valeria's private classes	4:30-8:00 pm Regular classes 8:00- 8:30 pm Self conditioning and cool off	4:30-8:00 pm Regular classes 8:00-8: 30 pm Self conditioning and cool off	9:00 am-11:00 am RG class 11:00 am -1:00 pm Ballet	24

**Self-practice day** entails children working independently under the supervision of the coaches.

**Self-conditioning and cooldown** entail children working independently under the coaches' supervision at the end of the class.