

# 2023 Class Schedule!

840 PROSPECT HILL ROAD, WINDSOR CT 06095

SESSION ONE 9/6- 11/5 | SESSION TWO 11/7 - 1/21

SESSION THREE 1/23 - 3/25 | SESSION FOUR 3/27 - 6/12



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## monday

4:30PM TNT ages 6 - 10  
4:30PM HIP HOP ages 5-8  
5:30PM NRG TEAM ONLY  
6:30PM \*Aerials Club  
6:30PM TNT ages 7+

## thursday

4:30PM TNT ages 5 - 9  
4:30PM TNT ages 10+  
5:30PM-7:30PM ALLSTARS TEAM ONLY

## friday

9:15AM Parent Tots ages 18m-3yr  
9:15 Tumble Tots ages 3 - 5

## tuesday

9:15AM Parent Tots ages 18m-3yr  
9:15AM Tumble Tots ages 3 - 5  
4:30PM TNT ages 5 - 10  
4:30PM Hip Hop ages 9-12  
5:30PM Hip Hop ages 13+  
5:30PM Stunt ages 6 +  
6:30PM \*Back Handspring Club  
6:30PM fitFORCE 12+

## saturday

9:15AM Tumble Tots ages 3 - 5  
10:00AM TNT ages 5 - 8

## wednesday

4:30PM Flexible Strength ages 10 +  
5:30PM \*Walkover Club

\*Club classes are instructor placement only

Each class meets once per week for 60 minutes. Parent and Tumble tots meets once per week for 45 minutes all classes will switch to zoom online in the event of covid closure.

Register online through our parent portal:  
[www.playstrongstudio.com](http://www.playstrongstudio.com)