

FALL 2022 Class Schedule!



840 PROSPECT HILL ROAD, WINDSOR CT 06095

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

SEMESTER THREE 1/23 - 3/25 | SEMESTER FOUR 3/27 - 6/5

860.593.3431

playstrongstudio@gmail.com

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 12+

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+

wednesday

4:30PM Flexible Strength ages 10 +
4:30PM CORE-O Fit! ages 8+
5:30PM *Walkover Club

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

saturday

9:15AM Parent Tots ages 18m-3yr
9:15AM Tumble Tots ages 3 - 5
10:15AM TNT ages 5 - 8

*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