**2025-2026 FALL/SPRING CLASS SCHEDULE**

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| Day of Week | Time | Type | Age |
| **Monday** | 3:45-4:45 | Gymnastics | Girls Ages 4 ½-7 |
|  | 4:45-5:45 | Gymnastics | Girls Ages 6-12 |
|  | 5:45-6:15 | Tot/Preschool | Girls-Ages 3 ½-6 |
|  | 6:15-6:45 | Tot/Preschool  Pre-Ninja/Parkour | Girls Ages 4-6  Boys-Ages 5-8 |
| **Tuesday** | 3:00-4:00 | Homeschoolers (must have 10 to hold) | Girls Ages 5-12 |
|  | 4:00-4:30 | Tot/Preschool | Girls Ages 3 ½ -5 |
|  | 4:30-5:00 | Tot/Preschool  Pre-Ninja/Parkour | Girls Ages 4-6  Boys Ages 5-8 |
|  | 5:00-6:00 | Gymnastics | Ages 6-10 |
|  |  |  |  |
| **Wednesday** | 6:00-7:00 | Gymnastics | Girls Age 5-10 |
|  | 7:00-8:00 | Gymnastics | Girls 7-12 |
|  |  |  |  |
| **Thursday** | 3:45-4:45 | Gymnastics | Girls Age 4 ½ -7 |
|  | 4:45-5:45 | Gymnastics | Girls Age 5-10 |
|  | 5:45-6:15 | Tot/Preschool | Girls 3 ½-6 |
|  | 6:15-6:45 | Tot/Preschool  Pre-Ninja/Parkour | Girls 4-6  Boys Ages 5-8 |
|  | 6:45-7:45 | Power Tumbling  \*Trampolines/D.Mini/Floor skills\* | Girls Age 8-12 |
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| Day of Week | Time | Type | Age |
| **Boys Parkour/Ninja Classes** |  |  |  |
| **Monday** | 5:45-6:15 | Parkour/Ninja (30 min.) | Boys Ages 6-8 \*Coach Approval\* |
|  | 6:15-6:45 | Parkour/Ninja (30 min.) | Boys Ages 8-10 |
|  | 6:45-7:45 | Parkour/Ninja (Beg.-Adv.) Hr. | Boys Ages 10-17 (Hr.) |
| **Tuesday** | 4:00-4:30 | Parkour/Ninja (30 min.) | Boys Ages 6-8 \*Coach Approval |
|  | 4:30-5:00 | Parkour/Ninja (30 min.) | Boys Ages 8-10 |
| **Thursday** | 5:45-6:15 | Parkour/Ninja (30 min.) | Boys 6-8 |
|  | 6:15-6:45 | Parkour/Ninja (30 min.) | Boys 8-10 |
| ***Competitive Team Schedule*** |  |  |  |
| **Tuesday** | 6:00-8:15 | Competitive Team | Levels XB, XS |
| **Wednesday** | 3:45-6:00 | Competitive Team | L1(New-see your handout), L2, XG-up |
| **Friday** | 3:45-6:00 | Competitive Team | XB & XS |
|  | 6:00-8:15 | Competitive Team | L1(New- -see your handout), L2, XG-up |