



CLASS SCHEDULE

(434) 525-4813

admin@eliteathleticsva.com

www.eliteathleticsva.com

Monday

4:30-5:15 Lil Ninjas
4:30-5:15 Busy Bees 3s
4:30-5:30 Flip 4 All
4:30-5:30 Beginner Gymnastics (5-7)
4:30-5:30 Trampoline & Tumbling
5:30-6:15 Kinder Bear
5:30-6:30 Beginner Gymnastics (8+)
5:30-6:15 Lil Ninjas
6:30-7:30 Beginner Gymnastics (5-7)
6:30-7:30 Xtreme 1

Wednesday

4:30-5:15 Lil Ninjas
4:30-5:15 Busy Bees 3s
4:30-5:30 Beginner Gymnastics (5-7)
4:30-5:30 Ninja Beginner
5:30-6:30 Ninja Beginner
5:30-6:15 Busy Bees 3s
5:30-6:30 Beginner Gymnastics (5-7)
5:30-6:30 Tumbling A
5:30-6:30 Xtreme 1
6:30-7:30 Xtreme 1
6:30-7:30 Tumbling A
6:45-8:15 Intermediate Gymnastics

Friday

5:00-6:00 Beginner Gymnastics (8+)
6:00-7:00 Beginner Gymnastics (5-7)

Tuesday

4:15-5:00 Parent & Tot
4:30-5:15 Lil Ninjas
4:30-5:30 Beginner Gymnastics (5-7)
4:30-5:30 Ninja Beginner
4:30-5:30 Trampoline & Tumbling
5:00-5:45 Kinder Bear
5:30-6:15 Lil Ninjas
5:30-6:30 Hotshots
5:30-6:30 Ninja Beginner
5:45-6:30 Kinder Bear
6:30-7:30 Xtreme 1
6:30-7:30 Ninja Beginner
6:30-7:15 Kinder Bear
6:30-7:30 Beginner Gymnastics (5-7)
6:45-8:45 Advanced Gymnastics

Thursday

4:15-5:00 Parent & Tot
4:30-5:15 Kinder Bears
4:30-5:30 Ninja Beginner
5:00-5:45 Kinder Bears
5:15-6:00 Busy Bees 3s
5:30-6:30 Ninja Beginner
5:45-6:30 Parent & Tot
6:00-7:00 Beginner Gymnastics (8+)
6:00-6:45 Busy Bees 3s
6:30-7:30 Tumbling B
7:00pm-8:00pm Tumbling A

Saturday

9:00-9:45 Lil Ninjas
9:00-10:00 Beginner Gymnastics
9:45-10:45 Ninja Beginner
10:00-11:00 Beginner Gymnastics
11:00-11:45 Kinder Bear

Follow us! @eliteathleticsva

