



CLASS SCHEDULE

(434) 525-4813

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www.eliteathleticsva.com

Monday

4:30-5:15 Lil Ninjas
4:30-5:15 Preschool
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 Preschool
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 Preschool
4:30-5:30 Beginner Gymnastics (5-7)
4:30-5:30 Ninja Beginner
5:30-6:30 Ninja Beginner
5:30-6:15 Preschool
5:30-6:30 Beginner Gymnastics (5-7)
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 Level 1 (8+)
6:00-7:00 Level 1 (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 Preschool
5:30-6:15 Lil Ninjas
5:30-6:30 Hotshots
5:30-6:30 Ninja Beginner
5:45-6:30 Preschool
6:30-7:30 Xtreme 1
6:30-7:30 Ninja Beginner
6:30-7:15 Preschool
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 Preschool
4:30-5:30 Ninja Beginner
5:00-5:45 Preschool
5:15-6:00 Preschool
5:30-6:30 Ninja Beginner
5:45-6:30 Parent & Tot
6:00-7:00 Beginner Gymnastics (8+)
6:00-6:45 Preschool
6:30-7:30 Tumbling B
7:00pm-8:00pm Tumbling A
7:00-8:00 Beginner Gymnastics (8+)

Saturday

9:00-9:45 Lil Ninjas
9:00-10:00 Level 1
9:45-10:45 Ninja Beginner
10:00-11:00 Level 1
11:00-11:45 Preschool

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