

# DFC

## Group Classes Schedule

### 4 years

#### Level 1:

Monday to Friday  
3 PM or  
4 PM

Saturday & Sunday  
11 AM or  
12 PM

#### Level 1+ (Advanced):

Monday & Thursday  
4 PM

Saturday & Sunday  
10 AM

### 5-7 years

#### Level 2:

Monday to Friday  
4 PM or  
5 PM

Saturday & Sunday  
12 PM or  
2 PM

#### Level 2+ (Advanced):

Friday  
6 PM

Saturday & Sunday  
3 PM

### 11-16 years

#### Level 4:

Friday  
6 PM

Saturday & Sunday  
4 PM

#### Level 4+ (Advanced):

Monday to Friday  
7 PM

Saturday & Sunday  
4 PM

### 8-10 years

#### Level 3:

Monday to Friday  
5 PM

Saturday & Sunday  
2 PM or  
3 PM

#### Level 3+ (Advanced):

Friday  
6 PM

Saturday & Sunday  
3 PM

## Specialty Classes

*(For 5-15 years)*

### STRENGTH

Monday 6 PM

### Speed

Thursday 6 PM

### Grip & Swing

Tuesday 6 PM

### AIRTIME

Saturday 5 PM

### Balance

Wednesday 6 PM

### FLIPS

Sunday 5 PM

*(For 4 years)*

### Grip & Swing

Tuesday 4 PM

### Balance

Wednesday 4 PM

### FLIPS

Friday 4 PM

# RANCHES

## Group Classes Schedule

### 4 years

#### Level 1:

Monday to Friday  
3 PM or  
4 PM

Saturday & Sunday  
11 AM or  
12 PM

#### Level 1+ (Advanced):

Monday & Thursday  
4 PM

Saturday & Sunday  
10 AM

### 5-7 years

#### Level 2:

Monday to Friday  
4 PM or  
5 PM

Saturday & Sunday  
12 PM or  
2 PM

#### Level 2+ (Advanced):

Friday  
6 PM

Saturday & Sunday  
3 PM

### 11-16 years

#### Level 4:

Friday  
6 PM

Saturday & Sunday  
4 PM

#### Level 4+ (Advanced):

Monday to Friday  
7 PM

Saturday & Sunday  
4 PM

### 8-10 years

#### Level 3:

Monday to Friday  
5 PM

Saturday & Sunday  
2 PM or  
3 PM

#### Level 3+ (Advanced):

Friday  
6 PM

Saturday & Sunday  
3 PM

## Specialty Classes

*(For 5-15 years)*

### STRENGTH

Monday 6 PM

### Speed

Thursday 6 PM

### Grip & Swing

Tuesday 6 PM

### AIRTIME

Saturday 5 PM

### Balance

Wednesday 6 PM

### FLIPS

Sunday 5 PM

*(For 4 years)*

### Grip & Swing

Tuesday 4 PM

### Balance

Wednesday 4 PM

### FLIPS

Friday 4 PM

# FURJAN

## Group Classes Schedule

### 4 years

#### Level 1:

Monday to Friday  
3 PM or  
4 PM

Saturday & Sunday  
11 AM or  
12 PM

#### Level 1+ (Advanced):

Monday & Thursday  
4 PM

Saturday & Sunday  
10 AM

### 5-7 years

#### Level 2:

Monday to Friday  
4 PM or  
5 PM

Saturday & Sunday  
12 PM or  
2 PM

#### Level 2+ (Advanced):

Friday  
6 PM

Saturday & Sunday  
3 PM

### 11-16 years

#### Level 4:

Friday  
6 PM

Saturday & Sunday  
4 PM

#### Level 4+ (Advanced):

Monday to Friday  
7 PM

Saturday & Sunday  
4 PM

### 8-10 years

#### Level 3:

Monday to Friday  
5 PM

Saturday & Sunday  
2 PM or  
3 PM

#### Level 3+ (Advanced):

Friday  
6 PM

Saturday & Sunday  
3 PM

## Specialty Classes

*(For 5-15 years)*

### STRENGTH

Monday 6 PM

### Speed

Thursday 6 PM

### Grip & Swing

Tuesday 6 PM

### AIRTIME

Saturday 5 PM

### Balance

Wednesday 6 PM

### FLIPS

Sunday 5 PM

*(For 4 years)*

### Grip & Swing

Tuesday 4 PM

### Balance

Wednesday 4 PM

### FLIPS

Friday 4 PM

# Classes Schedule - Toddlers

**2-3.5 years**

**Mon to Fri**

11:30 AM or  
3:00 PM

**Sat & Sun**

10 AM or  
11 AM

**Available at  
ALL branches**

***Class duration = 45 min***