

Schedule for 2025 –2026

TODDLER CLASS GIRLS&BOYS

Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3-4 y.o.	4-5pm 5-6pm	4-5pm 5-6pm	4-5pm 5-6pm	4-5pm 5-6pm	4-5pm	10-11am 11-12pm	9.45-10.45am

RHYTHMIC GYMNASTICS GIRLS ONLY

Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners/ Intermediate 5-8 y.o.	4-5.30pm	4-5.30pm 6-7.30pm	4-5.30pm	4-5.30pm 6-7.30pm		10-11.30am
Level 3		5-7pm		5-7pm	4-6pm	
Level 4		5-7.30pm		5-7.30pm	5-7.30pm	11.30-2pm
Level 5	5-8pm		5-8pm		5-8pm	11.30-2.30pm

TRAMPOLINE AND TUMBLING

Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginners/ Intermediate 5-10 y.o.	4-5.30pm 4.30-6pm 6-7.30pm	4-5.30pm	4-5.30pm 4.30-6pm 6-7.30pm	4-5.30pm	4-5.30pm	10-11.30am	9.15-10.45am
Team 5-10 y.o.	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm	11.30-1.30pm	

TRAMPOLINE + BASIC SILK CLASS

Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 y.o. & up		5.30-7pm		5.30-7pm		11-12.30pm

MOMMY & ME CLASS

Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.5-3 y.o	3-4pm					9-10am	8.45-9.45am

