

**2021-2022 School Year Schedule of Classes (Mon. 8/2/21 - Sat. 5/28/22)**

**SCHOOL AGE GIRLS GYM, BOYS GYM,  
CO-ED TRAMPOLINE & LINK FITNESS**

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Rev. 7/6/2021

<b>GIRLS GYM</b>		
<b>Gymnastics (K &amp; up) "Sunrays" &amp; "Sunrays Plus"</b>		
<u>Kindergarten</u>		
Mon.	4:00-5:00 6:10-7:10	
Wed.	5:05-6:05	
Thurs.	5:05-6:05 6:10-7:10	
Fri.	4:00-5:00	
<u>Kindergarten -1st</u>		
Mon.	5:05-6:05	
Tues.	12:00-1:00 6:10-7:10	
Wed.	6:10-7:10	
Thurs.	6:10-7:10	
<u>Kindergarten &amp; up</u>		
Sat.	8:30-9:30 AM 9:35-10:35 AM	
<u>1st-2nd grade</u>		
Mon.	4:00-5:00 6:10-7:10	
Tues.	4:00-5:00 5:05-6:05	
Wed.	4:00-5:00	
Thurs.	5:05-6:05 6:10-7:10	
Fri.	5:05-6:05	
<u>2nd grade &amp; up</u>		
Mon.	5:05-6:05	
Wed.	6:10-7:10	
Thurs.	4:00-5:00	
<u>Sunrays Plus 1st grade &amp; up</u>		
Mon.	4:00-5:00	
Wed.	4:00-5:00	
<b>"Flares"</b>		
<u>Kindergarten</u>	Tues.	4:00-5:00
<u>1st grade +</u>	Mon.	6:10-7:10
	Wed.	5:05-6:05
	Thurs.	4:00-5:00
<b>"Hot Shots"</b>		
<u>1st grade &amp; up</u>	Mon.	5:05-6:20
	Tues.	6:10-7:25
<b>Multi Level (Sunrays, Flare, Hot Shots)</b>		
<u>1st grade &amp; up</u>	Mon.	1:45-2:45
<b>Bars &amp; Tumble for Gymnastics for Sunrays and Flares Girls</b>		
	Tues.	5:05-6:05

<b>BOYS GYM</b>		
<b>Gymnastics (K &amp; up) "Flippers"</b>		
<u>K-2nd grade</u>		
Wed.	4:00-5:00	
Thurs.	4:00-5:00	
<b>"Twisters/Dynamos"</b>		
<u>3rd grade &amp; up</u>		
Mon.	4:00-5:00	

<b>CO-ED</b>		
<b>Trampoline, Double mini-tramp, &amp; Tumbling (Co-ed K &amp; up)</b>		
<u>Tumble &amp; Trampoline</u>		
Wed.	5:05-6:05 6:10-7:10	
Thurs.	4:00-5:00	
<u>Trampoline</u>		
<u>K-1st Grade</u>		
Mon	4:10-4:50	
<u>2nd Grade &amp; up</u>		
Tues.	4:00-5:00	
Wed.	4:00-5:00	

<b>Link Fitness Classes w/ Coach Nick</b>		
*if the listed class times don't work for you, talk with Coach Nick about alternatives		
Mon.	4:00-5:00	Ages 10-13
	5:00-6:00	Ages 13+
Tues.	4:00-5:00	Ages 10-13
	5:00-6:00	Ages 13+
Wed.	4:00-5:00	Ages 10-13
	5:00-6:00	Ages 13+
Thur.	4:00-5:00	Ages 10-13
	5:00-6:00	Ages 13+