

2023-2024 School Year Schedule of Classes
SCHOOL AGE GIRLS GYM, BOYS GYM,
CO-ED TRAMPOLINE & LINK FITNESS

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Rev. 7/5/23

GIRLS GYMNASTICS	
(K & up)	
Sunrays	
<u>Kindergarten</u>	
Mon.	4:00-5:00 6:10-7:10
Tues.	5:05-6:05
Thurs.	5:05-6:05
<u>Kindergarten -1st grade</u>	
Tues.	2:00-3:00
Wed.	6:10-7:10
Thurs.	6:10-7:10
<u>Kindergarten -2nd grade</u>	
Tues.	4:00-5:00
<u>1st-2nd grade</u>	
Mon.	5:05-6:05 6:10-7:10
Thurs.	4:00-5:00
<u>3rd grade & up</u>	
Tues.	6:10-7:10
Sunrays Plus (Inv. Only)	
<u>1st grade & up</u>	
Tues.	5:05-6:05
Wed.	5:05-6:05
Thurs.	6:10-7:10
Flares (Inv only)	
<u>Kindergarten</u>	
Tues.	4:00-5:00
<u>1st grade +</u>	
Mon.	5:05-6:05
Tues.	6:10-7:10
Wed.	4:00-5:00
Thurs.	4:00-5:00
Hot Shots (Inv. Only)	
<u>1st grade & up</u>	
Tues.	6:10-7:25
Thurs.	5:05-6:20
Multi Level (Sunrays, Flare, Hot Shots)	
<u>1st grade & up</u>	
Mon.	2:00-3:00

BOYS GYMNASTICS	
(K & up)	
Flippers	
<u>K - 2nd grade</u>	
Tues.	5:05-6:05
Thurs.	4:00-5:00
<u>1st - 3rd grade</u>	
Wed.	6:10-7:10
Twisters/Dynamos (Inv. Only)	
<u>3rd grade & up</u>	
Tues.	4:00-5:00

CO-ED	
Trampoline	
Double Mini-Tramp	
Tumbling	
(1st grade & up)	
<u>Tumble & Trampoline</u>	
Wed.	4:00-5:00
Wed.	5:05-6:05
<u>Trampoline</u>	
Tues.	6:10-7:10
Thurs.	5:05-6:05