



In our amazing Pre-School Programs we work with your child to develop the mind—body connection! Increased coordination, flexibility and strength using our skillfully designed obstacle courses and games all centered around a fun and exciting bi-weekly theme! The love of fitness starts here!

Age/Grade	<u>CLASS</u>		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
18 to 28 mos	Little Dippers	Parent/Tot	9:30-10:15	12:45-1:30		10:25-11:10	9:30-10:15	9:05-9:50
29 to 36 mos	Big Dippers	Parent/Tot	10:25-11:10	12:45-1:30 3:45-4:30		10:25-11:10	9:30-10:15	9:05-9:50 10:05-10:50
18 to 36 mos	Baby Ninjas	Parent/Tot		9:30-10:15		9:30-10:15		
3 years	New Stars Gym	Co-ed	10:25-11:15	9:30-10:20 1:40-2:30	12:40-1:30	10:25-11:15 1:40-2:30	9:30-10:20	9:00-9:50 10:00-10:50
3 to 4 yrs	Lil' Ninjas	Co-ed	11:15-12:05	9:30-10:20		12:45-1:35	3:55-4:45	11:00-11:50
3 to 4 yrs	Ninja Zone	Boys		12:45-1:35	1:40-2:30	3:55-4:45	10:25-11:15	10:00-10:50
3 to 5 yrs	Kicknastics	Co-ed		4:50-5:40	12:40-1:30 3:55-4:45			
3 to 5 yrs	Ninja Zone	Girls	3:55-4:45	12:45-1:35		1:40-2:30		11:00-11:50
3 to 5 yrs	Mini Cheer	Co-ed		11:15-12:05		3:55-4:45		
4 to 5 yrs	Mini Stars	Co-ed	9:30-10:20	10:20-11:10 1:40-2:30	1:40-2:30 3:55-4:45	9:30-10:20 12:45-1:35	10:25-11:15	9:00-9:50 10:00-10:50

School Age Programs: We have a class for every child! Gymnastics, Karate, Tumbling, Ninja Zone & More!
Fun & Fitness in our progressive skill programs!

Ages/Grade	<u>SCHOOL AGE</u>		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5 to 6 yrs	Kinder Stars	Girls	4:55-5:55	3:45-4:45	4:55-5:55	3:45-4:45	3:45-4:45 6:05-7:05	9:00-10:00 10:55-11:55
K-2nd grade	Gymnastics	Boys				4:55-5:55	3:45-4:45	10:00-11:00
5 to 6 yrs	Ninja Zone	Boys	5:00-5:50		6:05-6:55			11:00-11:50
1st-2nd grade	Gymnastics	Girls	3:45-4:45	6:05-7:05	4:55-5:55	3:45-4:45 6:05-7:05	4:55-5:55	10:55-11:55 12:05-1:05
6 yrs & up	Kicknastics	Co-ed		5:50-6:50	4:55-5:55			
6 yrs & up	Cheer!	Co-ed				4:55-5:55		
1st-3rd grade	Tumbling	Co-ed			3:45-4:45		6:05-7:05	12:05-1:05
6 -11 yrs	Ninja Zone	Girls	3:55-4:45	6:05-6:55		4:55-5:45		
3rd-4th grade	Gymnastics	Girls	3:45-4:45	6:30-7:30	4:55-5:55 6:05-7:05	3:45-4:45	4:55-5:55	10:55-11:55
3rd-7th grade	Gymnastics	Boys				4:55-5:55	3:45-4:45	
7 to 11 yr	Ninja Zone	Boys	4:55-5:45	3:55-4:45	7:05-7:55			
4th-6th grades	Tumbling	Co-ed	7:10-8:10		3:45-4:45			12:05-1:05
5th-7th grades	Gymnastics	Girls		3:45-4:45	7:10-8:10	6:05-7:05		12:05-1:05
7th grade & up	Tumbling	Co-ed		7:10-8:10		7:10-8:10		
8th grade & up	Gymnastics	Girls		3:45-4:45	7:10-8:10	6:05-7:05		12:05-1:05