



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	10:15-11:00			9:05-9:50
29 to 36 mos	Big Dippers	Parent/Tot		9:30-10:15	10:15-11:00			10:05-10:50
18 to 36 mos	Baby Ninjas	Parent/Tot	12:45-1:30				10:25-11:10	
3 years	New Stars Gym	Co-ed	1:40-2:30	10:25-11:15	9:15-10:05 6:25-7:15	12:40-1:30	11:15-12:05 4:15-5:05	9:00-9:50 10:00-10:50
3 to 4 yrs	Lil' Ninjas	Co-ed		4:15-5:05	11:05-11:55	1:40-2:30	10:30-11:20	11:00-11:50
3 to 4 yrs	Ninja Zone	Boys	1:40-2:30		4:15-5:05	5:15-6:05		10:05-10:55
3 to 5 yrs	Kicknastics	Co-ed	6:25-7:15			12:40-1:30 4:15-5:05	9:30-10:20	
3 to 5 yrs	Ninja Zone	Girls				4:15-5:05	5:15-6:05	
3 to 5 yrs	Mini Cheer	Co-ed		4:15-5:05	11:05-11:55			
4 to 5 yrs	Mini Stars	Co-ed	12:40-1:30	9:30-10:20 6:25-7:15	10:10-11:00 4:15-5:05	1:40-2:30	9:30-10:20	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	5:15-6:15	4:05-5:05	5:15-6:15	4:05-5:05	6:25-7:25	9:00-10:00 11:00-12:00
K-2nd grade	Gymnastics	Boys		5:15-6:15	4:05-5:05			10:05-11:05
5 to 6 yrs	Ninja Zone	Boys	5:25-6:15			6:25-7:15	4:15-5:05	9:00-9:50
K-2nd grade	Trampoline	Co-ed	5:15-6:15		4:30-5:30			
1st-2nd grade	Gymnastics	Girls	4:05-5:05	5:15-6:15	5:15-6:15	4:05-5:05 6:25-7:25	5:15-6:15	11:00-12:00 12:05-1:05
6 yrs & up	Kicknastics	Co-ed	4:15-5:15			5:15-6:15		
6 yrs & up	Cheer!	Co-ed		6:25-7:25				1:15-2:15
1st-3rd grade	Tumbling	Co-ed	5:15-6:15	5:15-6:15			4:05-5:05	12:05-1:05
6 -11 yrs	Ninja Zone	Girls	5:15-6:05				4:15-5:05	
3rd-4th grade	Gymnastics	Girls	4:05-5:05	5:15-6:15	7:30-8:30	5:15-6:15	6:25-7:25	11:00-12:00
3rd-7th grade	Trampoline	Co-ed					5:15-6:15	
3rd-7th grade	Gymnastics	Boys	4:05-5:05		7:20-8:20			1:15-2:15
7 to 11 yr	Ninja Zone	Boys	7:20-8:10				5:15-6:05	11:00-11:50
4th-6th grades	Tumbling	Co-ed	5:15-6:15		5:15-6:15		7:30-8:30	12:05-1:05
5th-7th grades	Gymnastics	Girls	7:20-8:20	4:05-5:05	6:25-7:25	7:30-8:30		12:05-1:05
7th grade & up	Tumbling	Co-ed		7:30-8:30	8:00-9:00			
8th grade & up	Gymnastics	Girls	7:20-8:20	4:05-5:05		7:30-8:30		12:05-1:05