Jump Start Gymnastics 2025 School Year Gymnastics Schedule Email: jsgymnastics@jsgymnastics.com Phone: (216) 896-0295

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Twister Classes | 2-6 yrs old							
Little Twisters (with adult) 2-3.5 years old, 45 min							9:30-10:15 am
Swinging Twisters 3-4.5 years old, 1 hr	1-2 pm	4:30-5:30 pm		4:30-5:30 pm			9:15-10:15 am 10:45-11:45 am
Tumbling Twisters 4-5 years old, 1.25 hr	1-2:15 pm	4:30-5:45 pm		4:30-5:45 pm			9:15-10:30 am 10:45-12 pm
Supersonic Twisters 5-6 years old, 1.25 hr	1-2:15 pm	4:30-5:45 pm 5:45-7 pm		4:30-5:45 pm 5:45-7 pm			9:15-10:30 am 10:45-12 pm
Developmental Classes | 7-17 yrs old ***NOT SURE WHICH CLASS IS RIGHT? SCHEDULE A ----------**	**—----------**	*Skill Evaluation 4-4:15 pm		*Skill Evaluation 4-4:15 pm			
Gymskills for Boys 7-12 years old, 1.25 hr		4:30-5:45 pm		4:30-5:45 pm			
Flips for Girls 7-10 years old, 1.25 hr	1-2:15 pm	4:30-5:45 pm 6-7:15 pm		4:30-5:45 pm 6-7:15 pm			9:15-10:30 am 10:45-12 pm
Flip & Salute for Teens & Betweens 10-17 years old, 1.25 hr		6-7:15 pm		6-7:15 pm			
Jump Stars Team Skills 6-12 yr 1.5 hr 2x's weekly			4:15-5:45 pm		4:15-5:45 pm		10:30-12 pm
Flip Stars AAU Team for Girls 8-15 yr 2 hr 3x's weekly	2-4 pm		5:45-7:45 pm		5:45-7:45 pm		
Xcel & Optional Team 3-4x's weekly	11:00-1:15 pm XP L6 L7		ALL TEAM 4:15-7:45 pm		ALL TEAM 4:15-7:45 pm	ALL TEAM 4:15-7:45 pm	
Youth Open Gym						11:30 am-12:30 pm Scheduled Fridays	
Adult Open Gym					7:45-9 pm		