

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------------------------|---------------------|---------------------------|---------------------------|------------------------------|------------------------------|-----------|
| TWISTER CLASSES 2-6 yrs old | | | | | | | |
| Little Twisters (with adult) 2-3 years old, 1 hour | | | | | 10-11 am | 10:45-11:45 am | |
| Swinging Twisters 3-4.5 years old, 1 hour | 4:30-5:30 pm | | 4:30-5:30 pm | 4:15-5:15 pm | 10-11 am | 9:30-10:30 am 10:45-12 pm | 1-2 pm |
| Tumbling Twisters 4-5 years old, 1.25 hours | 4:30-5:45 pm | | 4:30-5:45 pm | 4:15-5:30 pm | | 9:30-10:45 10:45-12 pm | 1-2:15 pm |
| Supersonic Twisters 5-6 years old, 1.25 hours | 4:30-5:45 pm | | 4:30-5:45 pm | 4:15-5:30 pm | | 9:30-10:45 10:45-12 pm | 1-2:15 pm |
| FLIPS CLASSES 7-17 yrs old | | | | | | | |
| Gymkata for Boys 5-8 years old, 1.25 hours | 4:30-5:45 pm | | 4:30-5:45 pm | | | 9:30-10:45 pm | |
| Flips for Boys 8-17 years old, 1.25 hours | | | 6-7:15 pm | | | | |
| Flips for Girls 7-9 years old, 1.25 hours | 4:30-5:45 pm 6-7:15 pm | | 4:30-5:45 pm 6-7:15 pm | | | 9:30-10:45 am 10:45-12 pm | 1-2:15 |
| Prep-Team for Girls 4.6-9 yr (1.5 hr) & 7-10 yr (2 hr) MUST enroll for 2 classes | | | 5:30-7 pm | 4-5:30 pm 5:30-7:30 pm | 4-6 pm | 10:45-12:15 pm | 2-4 pm |
| Go, Girl! Gymnastic Class 10-17 years old, 1.25 hours | 6-7:15 pm | | 6-7:15 pm | | | | |
| S.H.H.S Team | H.S. TEAM 7-9 pm | H.S. TEAM 7-9 pm | | H.S. TEAM 7-9 pm | | | |
| Youth Open Gym Adult Open Gym \$10 per participant | | 7:30- 9 pm | | | 11:15-12:30 pm 7:30- 9 pm | | |
| Excel & Optional Competitive Team | | TEAM 4-7:30 pm | | TEAM 4-7:30 pm | TEAM 4-7:30 pm | | |

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