

	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		10-11 am	9:30-10:30 am	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 yrs old, 1.25 hr Advanced 2hr Flips for Boys			6-7:15 pm 6-8 pm			12-2 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 4:15-7:45 pm		H.S. TEAM 4:15-7:45 pm	3:30-5:50 pm		
Youth Open Gym Adult Open Gym \$10 per participant		7:45- 9 pm		7:45-9 pm	11:15-12:30 pm		
Excel & Optional Competitive Team		TEAM 4:15-7:45 pm		TEAM 4:15-7:45 pm	TEAM 4:15-7:45 pm		

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