

Jump Start Gymnastics 2025-2026 School Year Gymnastics Schedule

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Twister Programs 2-6 yrs							
Little Twisters (with adult) 2-3.5 yrs old 45 min							9:30-10:15 am 10:15-11 am
Swinging Twisters 3-4.5 yrs old 1 hr		4:30-5:30 pm		4:30-5:30 pm			9:15-10:15 am 10:45-11:45
Tumbling Twisters 4-5 yrs old 1.25 hr		4:30-5:45 pm		4:30-5:45 pm			9:15-10:30 am 10:45-12 pm
SuperSonic Twisters 5-6 yrs old 1.25 hr		4:30-5:45 pm		4:30-5:45 pm			9:15-10:30 am 10:45-12 pm
Flip & Twist Transitional Class 5-7yrs old 1.25 hr		5:45-7 pm		5:45-7 pm			
Gymskills for Boys 5-7 yrs old 1.25 hr					4:30-5:45 pm		
Developmental Flip Program 7-17 yrs							
Gymskills for Boys 8-14 yrs old 1.25 hr					6-7:15 pm		
Flips for Girls Beginner & Intermediate 7-10 yrs old 1.25 hr		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 Beginner & Intermediate 10-17 yrs old 1.25 hr		6-7:15 pm		6-7:15 pm			
Specialty Programs							
Flip, Salute, & Medal! Advanced Gymnastics Class 9-17 yrs old 1.5 hr 2x's weekly		6-7:30 pm		6-7:30 pm			
Jump Stars Prep-Team Skills 6-12 yr 1.5 hr 2x's weekly		4:30-6:00 pm		4:30-6:00 pm			10:30-12 pm
Xcel & Optional Teams 3-4x's weekly			ALL TEAM 4:15-7:45 pm		ALL TEAM 4:15-7:45 pm	ALL TEAM 4:15-7:45 pm	11-2 pm XP L6 L7+
High School Teams		7-9 pm		7-9 pm		4:15-6:15 pm	
Private Lessons	1-6 pm						2-5 pm
Birthday Parties	11:30-1 pm 1:30-3 pm						12:30-2 pm 2:30-4 pm
Youth & Adult Open Gym	3-4:15 pm YOUTH Scheduled dates				7:45-9 pm ADULT		