GRIT Gymnastics 2025 Weekly Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 AM		Caterpillars 9 - 9:40 PM			Roly Polies 9 - 9:40 PM	Caterpillars 9 - 9:40 PM
10 AM		Dragonflies 10 - 10:45 PM			Caterpillars 10 - 10:40 PM	Dragonflies 10 - 10:45 PM
11 AM		Kinder Play 11 AM - 12 PM			Kinder Play 11 AM - 12 PM	5-7 year old girls 11 - 11:50 AM
12 PM						8-13 year old girls 12 - 12:50 PM
1 PM				5-7 year old girls 1 - 1:50 PM		Open Gym 1 - 2 PM
2 PM		Dragonflies 2 - 2:45 PM	Dragonflies 2 - 2:45 PM	8-13 year old girls 2 - 2:50 PM	Dragonflies 2 - 2:45 PM	Clinics 2:15 - 3 PM
3 PM	5-7 year old girls 3 - 3:50 PM	Pre Team 3:30 - 5:30 PM 8-13 year old girls 3 - 3:50 PM	5-7 year old girls 3 - 3:50 PM	Pre Team 3:30 - 5:30 PM Dragonflies 3 - 3:45 PM	5-7 year old girls 3 - 3:50 PM	Everybody Moves 3 - 3:45 PM
4 PM	Dragonflies 4 - 4:45 PM	5-7 year old girls 4 - 4:50 PM	Boys Gymnastics 4 - 4:50 PM	5-7 year old girls 4 - 4:50 PM	8-13 year old girls 4 - 4:50 PM	
5 PM	Advanced Academy 5 - 6 PM		Advanced Academy 5 - 6 PM	8-13 year old girls 5 - 5:50 PM		
6 PM			High School 6 - 7:30 PM		Kids Night Out 5 - 9 PM	
7 PM			Adult 7 - 8:30 PM			
8 PM						

Preschool Classes | Recreational Classes | High School/Adult | Pre Team | Events