

**2025-2026 BOUNCE Gymnastics & Movement Classes - starting September 2, 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 Aerial Yoga Rejuvenation	9:00 Little Bouncers	9:00 Little Bouncers	9:00 Little Bouncers	9:00 Little Bouncers	9:00 Little Bouncers	9:00 Little Bouncers
2:30 Aerial Silks Beginners	9:00 Bouncing Tots	9:00 Bouncing Tots	9:00 Bouncing Tots	9:00 Bouncing Tots	9:00 Bouncing Tots	9:00 Bouncing Tots
3:30 Bouncing Tots	9:00 Preschool	9:00 Preschool	10:00 Little Bouncers	9:00 Preschool	9:00 Preschool	9:00 Preschool
3:30 Preschool	10:00 Little Bouncers	10:00 Little Bouncers	10:00 Preschool	10:00 Little Bouncers	10:00 Little Bouncers	10:00 Little Bouncers
4:30 Beginner	10:00 Bouncing Tots	10:00 Bouncing Tots	3:30 Bouncing Tots	10:00 Bouncing Tots	10:00 Bouncing Tots	10:00 Bouncing Tots
4:30 Intermediate Green	10:00 Preschool	10:00 Preschool	3:30 Preschool	10:00 Preschool	10:00 Preschool	10:00 Preschool
5:35 Beginner	12:00 Aerial Yoga Rejuvenation	11:00 Baby Gym	4:30 Preschool	11:00 Baby Gym	11:00 Bouncing Tots	11:00 Preschool
5:35 Intermediate Green	2:30 Aerial Silks Beginners	12:00 Aerial Yoga Rejuvenation	4:30 Beginner	3:30 Bouncing Tots	11:00 Beginner	11:00 Beginner
5:35 Intermediate Yellow	3:30 Bouncing Tots	2:30 Aerial Silks Beginners	5:35 Beginner	3:30 Preschool	12:05 Preschool	12:05 Beginner
6:40 Intermediate Yellow	3:30 Preschool	3:30 Little Bouncers	5:35 Intermediate Green	4:30 Preschool	12:05 Beginner	12:05 Intermediate Green
6:40 Intermediate Red	4:30 Preschool	3:30 Preschool	6:40 Advanced	4:30 Beginner	12:05 Intermediate Yellow	12:05 Intermediate Yellow
	4:30 Beginner	4:30 Beginner		5:35 Beginner		
	5:35 Beginner	5:35 Beginner		5:35 Intermediate Green		
	5:35 Intermediate Green	5:35 Intermediate Green		6:40 Intermediate Green		
	5:35 Intermediate Yellow	6:40 Intermediate Yellow		6:40 Intermediate Yellow		
	6:40 Advanced	6:40 Aerial Silks Intermediate				
		6:40 Intermediate Red				

**NEW** - Baby Gym (3mo-walking) 45min  
 Little Bouncers (1.5-3yrs) 45min  
 Bouncing Tots (3-4yrs) 45min  
 Preschool (4-5.5yrs) 45 min  
 Beginner (5.5-10yrs) 55min  
 Intermediate Green, Yellow (7-14yrs) 55min  
 Intermediate Red (8-14yrs) 90min  
 Advanced (8-14yrs) 90min

**NEW AERIAL ARTS CLASSES**  
 Taught by former Circue du Solei performer, Kristy Powell. Classes include silks, hoops and trapeze for amazing fun and fitness.  
 Aerial Yoga Rejuvenation (adults 18-88) 60min  
 Aerial Silks Beginners (6-14yrs) 55min  
 Aerial Silks Intermediate (8-14yrs) 55min

**SINGLE DAY CLOSURES** - Labor Day, Thanksgiving, Easter and Memorial Day. We also close for a Winter break, Spring break and Summer break. You can download our calendar on our website.