

METROPLEX GYMNASTICS

Gymnastics, Tumbling & Ninja Schedule

revised August 18, 2026

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Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00	GREEN GYM+ CHARLENA	RED GYM- CHARLENA		GREEN GYM- JULIE	RED GYM+ JULIE	9:00	
	RED GYM+ JULIE	GREEN GYM- VAIRO		YELLOW GYM- CHARLENA	GREEN GYM + CHARLENA		
					YELLOW GYM+ VAIRO		
10:00	PRESCHOOL OPEN GYM 10AM-12PM AGES 0-5 \$15/TAX	GREEN GYM- CHARLENA		RED GYM- JULIE	PRESCHOOL OPEN GYM 10AM-12PM AGES 0-5 \$15/TAX		
		YELLOW GYM- VAIRO		GREEN GYM- CHARLENA			
						10:00	
2:00		HOME SCHOOL OPEN GYM 2:00-3:30 AGES 3-12 \$15/TAX		HOME SCHOOL OPEN GYM 2:00-3:30 AGES 3-12 \$15/TAX		11:00	
3:45	BRONZE GYM- Destiny	BRONZE GYM- Samiah	BRONZE GYM- Destiny	BRONZE GYM- Delaney			
	GIRLS SILVER - Brooklyn	GIRLS SILVER- Nathan	GIRLS SILVER- Cameron	GIRLS SILVER - Hallie			
	NINJA- CADE	Back Handspring- Cameron	GIRLS GOLD - Brooklyn	Beg Tumbling- Cameron			
	Back Handspring- Cameron			Ninja- Cade			
4:00	RED GYM- CHARLENA	RED GYM- VAIRO	RED GYM- JULIE	GREEN GYM- CHARLENA	Back Handspring- Brad	PRESCHOOL GYMNASTICS	
	GREEN GYM- LILY	GREEN GYM- CHARLENA	GREEN GYM- LILY	YELLOW GYM- SAMIAH			
	YELLOW GYM- SAMIAH		YELLOW GYM- SAMIAH				
4:45	BRONZE GYM - Brooklyn	BRONZE GYM- Samiah	BRONZE GYM- Destiny	BRONZE GYM- Delaney	Cheer Prep- Brad	Red TINY TOTS...CO-ED 12 months - 35 months	
	BRONZE GYM- Destiny	BRONZE GYM- Destiny	GIRLS SILVER- Brooklyn	GIRLS SILVER - Hallie		Green Preschool GymCO-ED 3 - 4 YRS	
	GIRLS SILVER- HAILEE	GIRLS SILVER- Nathan	GIRLS GOLD - Emily	Ninja- Cade		Yellow Preschool GymCO ED 4 - 5 YRS	
	Beg Tumbling- Cameron	Ninja- Cade		Back Handspring- Cameron		SCHOOL AGE GYMNASTICS	
	NINJA- CADE	Back Handspring- Cameron					BRONZE Gymnastic..... CO-ED 6 - 12 YRS
							SILVER Gymnastics.....GIRLS 6 - 12 YRS
							GOLD Gymnastics GIRLS 6 YRS & UP
5:00	RED GYM- CHARLENA	RED GYM- VAIRO	RED GYM- JULIE	GREEN GYM- CHARLENA		TUMBLING	
	GREEN GYM- SAMIAH	GREEN GYM- CHARLENA	GREEN GYM- SAMIAH	YELLOW GYM- SAMIAH			
	YELLOW GYM- LILY	YELLOW GYM- SOPHIA	YELLOW GYM- LILY				
5:45	BRONZE GYM- Destiny	BRONZE GYM- Destiny	BRONZE GYM- Brooklyn	BRONZE GYM- Delaney		BEGINNER TUMBLING..... CO-ED 5 - 8 YRS	
	GIRLS SILVER- HAILEE	GIRLS SILVER- Emily	Beginner Tumbling- Emily	GIRLS SILVER - Brooklyn		BACK HANDSPRING..... CO-ED 6 YRS & UP	
	GIRLS GOLD - Danielle	GIRLS GOLD - Danielle	Back Handspring - Cameron	GIRLS GOLD - Emily		OPEN TUMBLING & CHEER POWER HOUR	
	Beg. Tumbling- Brooklyn	Beginner Tumbling- Cade		Ninja- Cade		CO-ED 10 YRS & OLDER	
	Back Handspring - Cameron	Back Handspring - Cameron		Back Handspring - Cameron			
6:00	RED GYM- CHARLENA	RED GYM- VAIRO	RED GYM- JULIE	GREEN GYM- CHARLENA	MONTHLY TUITION		
	GREEN GYM- LILY	GREEN GYM- SOPHIA	GREEN GYM- LILY	YELLOW GYM- SAMIAH			
	YELLOW GYM- SAMIAH	YELLOW GYM- CHARLENA	YELLOW GYM- SAMIAH				
6:45	BRONZE GYM- Destiny	BRONZE GYM- Destiny	BRONZE GYM- Lily	BRONZE GYM- Delaney	PRESCHOOL GYMNASTICS (50 MINUTES)		
	GIRLS SILVER- Brooklyn	GIRLS SILVER- Emily	GIRLS SILVER- Brooklyn	Beg. Tumbling- EMILY			
	GIRLS GOLD- Danielle	GIRLS GOLD- Danielle	Back Handspring - Emily	Back Handspring - Cameron			
	Advanced Tumble- Cameron	Beginner Tumbling- Cade	Advanced Tumble- Cameron	Cheer Prep- HAILEE			
		Back Handspring - Cameron					
7:45	OPEN TUMBLING & CHEER JUMPS POWER HOUR *** GREAT PRICE*** Monday - Thursday Come as often as you like for just \$125 per month Coaches: Cameron Burk, Tara Branch, Vairo Venkatesh				TUMBLING CLASSES (1 HOUR)		

205 E. Bethany Dr. Allen, TX 75002

972-727-9095

prices & coaches subject to change