

METROPLEX GYMNASTICS

Gymnastics, Tumbling & Ninja Schedule

revised September 29, 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 Tiny Tots-Delaney
	RED GYM+ JULIE			YELLOW GYM- CHARLENA	GREEN GYM + CHARLENA		Green Gym - Danielle
					YELLOW GYM+ VAIRO		Yellow Gym- Danielle
10:00	STORYTIME/ 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		BRONZE GYM- Hallie
		YELLOW GYM- CHARLENA		GREEN GYM- CHARLENA			Beg Tumbling- Brooklyn
							Back Handspring- Emily G
						10:00	Red Tiny Tots-Delaney
							Green Preschool Gym - Emily
							Ylw Preschool Gym- Emily G
							BRONZE GYM- Hallie
							GIRLS SILVER- Brooklyn
							GIRLS GOLD - Danielle
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	Green Preschool Gym - Emily
							Ylw Preschool Gym- Delaney
							BRONZE GYM- Hallie
3:45	BRONZE GYM- Delaney	BRONZE GYM- Samiah	BRONZE GYM- JESICA	BRONZE GYM- Delaney	Back Handspring- Brad		GIRLS SILVER- Brooklyn
	GIRLS SILVER - Brooklyn	GIRLS SILVER- Delaney	GIRLS SILVER- Cameron	GIRLS SILVER - Hallie			Beg Tumbling- Cameron
	NINJA- CADE	Back Handspring- Cameron	GIRLS GOLD - Brooklyn	Beg Tumbling- Cameron			
	Back Handspring- Cameron			Ninja- Cade			
4:00	GREEN GYM- CHARLENA	RED GYM- VAIRO	RED GYM- JULIE	GREEN GYM- CHARLENA		PRESCHOOL GYMNASTICS	
	YELLOW GYM- SAMIAH	GREEN GYM- CHARLENA	GREEN GYM- SAMIAH	YELLOW GYM- SAMIAH		Red TINY TOTS...CO-ED 12 months - 35 months	
			YELLOW GYM- SAMIAH			Green Preschool Gym CO-ED 3 - 4 YRS	
4:45	BRONZE GYM - Hallie	BRONZE GYM- Samiah	BRONZE GYM- SAMIAH	BRONZE GYM- Delaney	Cheer Prep- Brad	Yellow Preschool Gym CO ED 4 - 5 YRS	
	BRONZE GYM- Delaney	BRONZE GYM- Delaney	GIRLS SILVER- Brooklyn	GIRLS SILVER - Hallie			
	GIRLS SILVER- Brooklyn	GIRLS SILVER- Emily??	GIRLS GOLD - Emily	Ninja- Cade		SCHOOL AGE GYMNASTICS	
	Beg Tumbling- Cameron	Ninja- Cade		Back Handspring- Cameron		BRONZE Gymnastic..... CO-ED 6 - 12 YRS	
	NINJA- CADE	Back Handspring- Cameron				SILVER Gymnastics.....GIRLS 6 - 12 YRS	
						GOLD Gymnastics GIRLS 6 YRS & UP	
5:00	RED GYM- CHARLENA	RED GYM- CHARLENA	GREEN GYM- JULIE	GREEN GYM- CHARLENA		TUMBLING	
	GREEN GYM- SAMIAH	GREEN GYM- VAIRO	YELLOW GYM- JULIE	YELLOW GYM- SAMIAH		BEGINNER TUMBLING..... CO-ED 5 - 8 YRS	
	YELLOW GYM- JESICA	YELLOW GYM- VAIRO				BACK HANDSPRING.....CO-ED 6 YRS & UP	
5:45	BRONZE GYM - Delaney	BRONZE GYM- Delaney	BRONZE GYM- Brooklyn	BRONZE GYM- Delaney	Beg Tumbling- Brad	OPEN TUMBLING & CHEER POWER HOUR CO-ED 10 YRS & OLDER	
	GIRLS SILVER- HALLIE	GIRLS SILVER- Emily	Beginner Tumbling- Emily	GIRLS SILVER - Brooklyn			
	GIRLS GOLD - Danielle	GIRLS GOLD - Danielle	Back Handspring - Cameron	GIRLS GOLD - Emily		NINJA GYM	
	Beg. Tumbling- Brooklyn	Beginner Tumbling- Cade		Ninja- Cade		MINI NINJA..... CO-ED 3 - 6 YRS	
	Back Handspring - Cameron	Back Handspring - Cameron		Back Handspring - Cameron		JR NINA.....CO-ED 6 - 10 YRS	
						SR NINJA..... CO-ED 9 YRS & UP	
6:00	RED GYM- CHARLENA	RED GYM- VAIRO	GREEN GYM- JULIE	GREEN GYM- CHARLENA		MONTHLY TUITION	
	GREEN GYM- SAMIAH	GREEN GYM- CHARLENA	YELLOW GYM- SAMIAH	YELLOW GYM- SAMIAH		PRESCHOOL GYMNASTICS (50 MINUTES)	
	YELLOW GYM- SAMIAH	YELLOW GYM- CHARLENA				RED TINY TOTS----- \$72 PER MONTH	
6:45	BRONZE GYM- Hallie	BRONZE GYM- Delaney	GIRLS SILVER- Brooklyn	BRONZE GYM- Delaney		GREEN & YELLOW----\$98 PER MONTH	
	GIRLS SILVER- Brooklyn	GIRLS GOLD-Danielle	Back Handspring - Emily	Beg. Tumbling- EMILY		Red Preschool Plus (includes open gym after class) --- \$94 PER MONTH	
	GIRLS GOLD-Danielle	Beginner Tumbling- Emily	Advanced Tumble- Cameron	Back Handspring - Cameron		Green/Yellow Preschool Plus (includes open gym after class) --- \$120 PER MONTH	
	Advanced Tumble- Cameron	Back Handspring - Cameron		Cheer Prep- HAILEE		SCHOOL AGE GYMNASTICS (1 HOUR)	
						BRONZE, SILVER & GOLD GYMNASTICS---\$104 PER MONTH	
						NINJA GYM (1 HOUR)	
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					NINJA GYM CLASSES ----- \$104 PER MONTH	
						TUMBLING CLASSES (1 HOUR)	
						BEGINNER TUMBLING----\$104 PER MONTH	
						BACK HANDSPRING----\$104 PER MONTH	
						CHEER TUMBLING POWER HOUR ----\$125 PER MONTH	

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prices & coaches subject to change