



COMPETITIVE CHEERLEADING							
Elite Tumbling	LVL 1 +				3:30 - 4:15 PM		
	LVL 2+			4:15 - 5:00 PM			
	LVL 3+	4:15 - 5:00 PM					
Prep Tumbling	LVL 1					3:30 - 4:15 PM	
	LVL 1 +					3:30 - 4:15 PM	
COMPETITIVE CHEERLEADING							
Junior Eclipse		5:00 - 6:30 PM		5:00 - 6:30 PM			
Super Novas			4:30 - 6:00 PM		4:30 - 6:00 PM		
Lunar Strike			5:45 - 7:30 PM		5:45 - 7:30 PM		
Astro Angels		6:15 - 7:30 PM		6:15 - 7:30 PM			
Cosmic Crew			5:15 - 6:30 PM		5:15 - 6:30 PM		
Galaxy Girls			6:30 - 7:45 PM		6:30 - 7:45 PM		
DANCE							
Creative Movement (1x a week)	3-4 Years	2:30 - 3:15 PM		2:30 - 3:15 PM		2:30 - 3:15 PM	
Intro to Ballet	5-6 Yrs			3:30 - 4:15 PM			
Ballet 1	7-9 Years			4:30 - 5:30 PM			
Ballet 2	10+ Years			5:30 - 6:30 PM			
Ballet 3 **				6:30 - 7:45 PM			
Intro to HipHop	5 - 6 Years					3:30 - 4:15 PM	
Hip Hop 1	7-9 Years					4:30 - 5:30 PM	
Hip Hop 2*	10+ Years					5:30 - 6:30 PM	
Hip Hop 3*						6:30 - 7:30 PM	
Intro to Jazz	5-6 Years		3:30-4:15 PM				
Jazz 1	7-9 Years		4:30 - 5:30 PM				
Jazz 2	10+ Years		5:30 - 6:30 PM				
Intro Modern	5 - 6 Years				3:30-4:15 PM		
Modern 1	7- 9 Years				4:30 - 5:25 PM		
Modern 2	10+ Years				5:30 - 6:25 PM		
Intro to Tap	5 - 6 Years	3:30-4:15 PM					
Tap 1	7 - 9 Years	4:30- 5:30 PM					
Tap 2	10+ Years	5:30- 6:30 PM					
Tap 3 **		6:30 - 7:25 PM					

GYMNASTICS (session -one time a week)							
Mommy and Me	2 +Years						9:00 - 9:30 AM
							9:45 -10:15 AM
Tiny Tots	3 Years		3:30-4:00 PM	3:30-4:00 PM	1:45 - 2:15 PM	1:45 - 2:15 PM	10:30 -11:00 AM
Tumble Tots	4-5 Years						11:15 - 11:50 AM
		3:30-4:10 PM				3:30 - 4:10 PM	
		4:30-5:10 PM	4:30-5:10 PM	4:30-5:10 PM	4:30-5:10 PM	4:30 - 5:10 PM	
		5:30-6:10 PM	5:30-6:10 PM	5:30-6:10 PM	5:30-6:10 PM	5:30-6:10 PM	
GYMNASTICS (session -one time a week)							
School Age	6+ Years	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30 - 4:15PM	10:15 - 11:00 AM
		4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30 - 5:15 PM	11:15 - 12:00 PM
		5:30-6:15 PM	5:30-6:15 PM	5:30-6:15 PM	5:30-6:15 PM	5:30 - 6:15 PM	
		6:30-7:15 PM	6:30-7:15 PM	6:30-7:15 PM	6:30-7:15 PM		
Homeschool	6+ Years		2:30-3:15 PM			2:30-3:15 PM	
(Teen)	13 +		6:30-7:15 PM				
JUDO							
	7-10 Years			7:00-8:30 PM		7:00-8:30 PM	
	11+ Years		7:30-9:00 PM		7:30-9:00 PM		
	7-18 YRS						9:00 - 10:30 AM
SOCCER							
Soccer 1x per week	3 - 4 Years		1:00pm -1:30pm		1:00pm -1:30pm		
			1:35pm -2:05pm				
Soccer 1x per week	5 - 6 Years	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM		
		4:30-5:15 PM		4:30-5:15 PM			
SOCCER 2x per week							
Soccer 2x per week	7 - 8 Years	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM		
		4:30-5:15 PM		4:30-5:15 PM			
	9 - 10 Years	5:30 - 6:15 PM		5:30 - 6:15 PM			
			4:30 - 5:15 PM		4:30 - 5:15 PM		
	11 -13 Years		6:30-8:00 PM		6:30-8:00 PM		
	14+	6:30-8 PM		6:30-8 PM			
Girls Only	11-14 + Years		4:30-5:15 PM				
Goalkeeping (gloves required)	9 + Years				5:30-6:15 PM		

Futsal	8 - 12 Years						9 :30 - 10:15 AM
							10:30 - 11:15 AM
STRENGTH & CONDITIONING							
	8-13 Years	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM		
		4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM		
	14+ Years	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM		
		5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM		
TAEKWONDO (session)							
White Belts	6+ Years	3:30-4:15 PM		3:30-4:15 PM		3:30-4:15 PM	
			6:30-7:15 PM		6:30-7:15 PM		
Color Belt	6+ Years		3:30-4:15 PM		3:30-4:15 PM		
		4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	
		5:30-6:15 PM	5:30-6:15 PM	5:30 - 6:15 PM	5:30-6:15 PM	5:30-6:15 PM	
		6:30-7:15 PM		6:30-7:15 PM		6:30-7:15 PM	
WRESTLING							
White Shirt 1x per week	5-7 Years				3:30-4:15 PM		9:00 - 09:45 AM
White Shirt 1x per week (beginners)	8-10 Years		3:30-4:15 PM			3:30-4:15 PM	
White & Yellow shirt (2x per week)	7-10 Years	3:30-4:15 PM		3:30-4:15 PM			
Light Blue Shirt (K5 Int)*		4:30-5:30 PM		4:30-5:30 PM			
Light Blue Shirt (MS)*			4:30-6:00 PM		4:30-6:00 PM		
WRESTLING							
MS L1 (White)			4:30-6:00 PM		4:30-6:00 PM		
Red Shirt*		4:30 - 5:30 PM		4:30 - 5:30 PM		4:30 - 5:30 PM	
Royal Blue & MS L2 (Navy) *		6:00 - 7:30 PM	5:30 -6:15 PM (LIFT)	6:00 - 7:30 PM	6:00 - 7:30 PM		
High School Open Mat ***							10:00 - 11:30 AM
High School Folk Style			4:30 - 6:00 PM		4:30 - 6:00 PM		

Swim Group Lessons							
	3:45 - 4:15	4:45 - 5:15	5:30 - 6:00	6:15 - 6:45	7:00 - 7:30		
Monday	Level 1 (3-5 yrs)	Level 1 (3-5 yrs)	Level 2 (3-5 yrs)	Level 3 (5-7 yrs)	Class A (12+yrs)		
	Level 2 (3-5 yrs)	Level 2 (3-5 yrs)	Level 3 (5-7 yrs)	Level 3 (5-7 yrs)	Class B (12 +yrs)		
	Level 3 (5-7 yrs)	Level 3 (5-7 yrs)	Level 4 (7-12 yrs)	Level 4 (7-12 yrs)			
Tuesday							
	Level 1 (3-5 yrs)	Level 1 (3-5 yrs)	Level 2 (3-5 yrs)	Level 3 (5-7 yrs)	Class A (12+yrs)		
	Level 2 (3-5 yrs)	Level 2 (3-5 yrs)	Level 3 (5-7 yrs)	Level 3 (5-7 yrs)	Class B (12 +yrs)		
	Level 3 (5-7 yrs)	Level 3 (5-7 yrs)	Level 4 (7-12 yrs)	Level 4 (7-12 yrs)			
Thursday	Level 1 (3-5 yrs)	Level 1 (3-5 yrs)	Level 2 (3-5 yrs)	Level 3 (5-7 yrs)	Class A (12+yrs)		
	Level 2 (3-5 yrs)	Level 2 (3-5 yrs)	Level 3 (5-7 yrs)	Level 3 (5-7 yrs)	Class B (12 +yrs)		
	Level 3 (5-7 yrs)	Level 3 (5-7 yrs)	Level 4 (7-12 yrs)	Level 4 (7-12 yrs)			
Friday							
	Level 1 (3-5 yrs)	Level 1 (3-5 yrs)	Level 2 (3-5 yrs)	Level 3 (5-7 yrs)	Class A (12+yrs)		
	Level 2 (3-5 yrs)	Level 2 (3-5 yrs)	Level 3 (5-7 yrs)	Level 3 (5-7 yrs)	Class B (12 +yrs)		
	Level 3 (5-7 yrs)	Level 3 (5-7 yrs)	Level 4 (7-12 yrs)	Level 4 (7-12 yrs)			
Swim Private Lessons							
Wednesdays	3:45 - 4:15 PM	4:30 - 5:00 PM	5:15 - 5:45 PM	6:00 - 6:30 PM			
Saturday	9:30-10:00	10:10-10:35	10:45-11:15	11:25-11:55			