

True Gymnastics Schedule 2022-2023 updated 5-2-22

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tiny Tumblebees 18 mo- 3.5 years		10:00-10:50 11:00-11:50	9:00-9:50 10:00-10:50	12:30-1:20		9:00-9:50 10:00-10:50	
Climbing Caterpillars 3.5-4.5 years	1:30-2:20 2:30-3:20	12:30-1:20 1:30-2:20 4:15-5:05 5:15-6:05 6:15-7:05	11:00-11:50 12:30-1:20 1:30-2:20 5:15-6:05 6:15-7:05	1:30-2:20 2:30-3:20		11:00-11:50	
Galloping Grasshoppers 4.5-Kindergarten	1:30-2:20 2:30-3:20	12:30-1:20 1:30-2:20 4:15-5:05 5:15-6:05 6:15-7:05	11:00-11:50 12:30-1:20 1:30-2:20 5:15-6:05 6:15-7:05	1:30-2:20 2:30-3:20		11:00-11:50	
Mighty Millipedes Kindergarten	1:30-2:20	12:30-1:20 1:30-2:20 4:15-5:05 5:15-6:05 6:15-7:05	12:30-1:20 1:30-2:20 5:15-6:05 6:15-7:05	1:30-2:20 2:30-3:20		11:00-11:50 12:00-12:50	
Level 1-2	4:15-5:15	7:15-8:15	4:10-5:10 7:15-8:15	5:25-6:25	4:15-5:15 5:30-6:30	1:00-2:00	12:00-1:00 1:00-2:00
Level 3-4	4:15-5:30 7:40-8:55	7:15-8:30	7:15-8:30	6:30-7:45	4:15-5:30 5:30-6:45	1:00-2:15	
Level 5-6	7:40-9:10	7:15-8:45	7:15-8:45	6:30-8:00	4:15-5:45		
Level 7-8	7:40-9:10		7:15-8:45	6:30-8:00			
Kickover/ Walkover (KOWO)	5:25-6:25			5:25-6:25 8:10-9:10		12:00-1:00	
Teen Tumble				8:10-9:10			
Backhandspring (BHS)	5:25-6:25	8:15-9:15	8:15-9:15	5:25-6:25 8:10-9:10	6:45-7:45		
Flip&Twist* *Invitation Only	5:25-6:25		8:15-9:15	5:25-6:25 8:10-9:10			
Ninja 1 (7 years and in 1st grade)	6:30-7:30			4:15-5:15		Bday parties 3:00-4:30	
Ninja 2 * *Invitation Only	6:30-7:30			4:15-5:15			