

# True Gymnastics Schedule 2022-2023

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