*TRUE GYMNASTICS 2023-2024 updated 4-29-23*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Tiny Tumble Bees  18 mo-3.5 years |  | **10:00-10:50**  **11:00-11:50** | **9:00-9:50**  **10:00-10:50** | **12:30-1:30** |  | **9:00-9:50**  **10:00-10:50** |  |
| Climbing  Caterpillars  3.5 years-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**  **5:15-5:05**  **6:15-7:05** | **1:30-2:20**  **2:30-3:20** |  | **11:00-11:50** |  |
| Galloping Grasshopper  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**  **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** |  |
| Preschool  Ninja  4.5- Kindergarten | **11:00-11:50** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Level 1** | **4:10-5:10** |  | **4:10-5:10** |  | **4:15-5:15** |  | **12:00-1:00**  **1:00-2:00** |
| **Level 2** | **4:10-5:10** | **7:15-8:15** | **4:10-5:10**  **7:15-8:15** |  | **4:15-5:15**  **5:20-6:20** | **12:00-1:00** | **12:00-1:00**  **1:00-2:00** |
| **Level 3** | **4:10-5:10** | **7:15-8:15** | **4:10-5:10**  **7:15-8:15** |  | **5:20-6:20** | **12:00-1:00** |  |
| **Level 4** |  | **7:15-8:30** | **7:15-8:30** | **6:25-7:40** |  |  |  |
| **Level 5/6** | **7:40-9:10** |  | **7:15-8:45** | **6:25-7:55** |  |  |  |
| **Level 7/8** | **7:40-9:10** |  | **7:15-845** | **6:25-7:55** |  |  |  |
| **Kickover/Walkover** | **5:20-6:20** |  | **8:15-915** | **5:15-6:15**  **8:00-9:00** | **6:30-7:30** |  |  |
| **Teen Tumble** |  |  | **8:15-9:15** |  |  |  |  |
| **Back handspring**  **(BHS)** | **5:20-6:20** | **8:15-9:15** | **8:15-9:15** | **5:15-6:15**  **8:00-9:00** | **6:30-7:30** |  |  |
| **Flip & Twist\***  **(F/T) Invitation Only** |  | **8:15-9:15** | **8:15-9:15** | **5:15-6:15**  **8:00-9:00** |  |  |  |
| **Ninja 1** | **6:30-7:30** |  |  | **4:10-5:10** |  |  |  |
| **Ninja 2\* Invitation Only** | **6:30-7:30** |  |  |  |  |  |  |
| **Homeschool** |  |  |  | **11:00-12:00** |  |  |  |