

TRUE GYMNASTICS 2024-2025 (updated 5-1-24)

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	11:00-11:50		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 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	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	1:30-2:20 2:30-3:20		11:00-11:50	
Mighty Millipedes Kindergarten		4:15-5:05 5:15-6:05 6:15-7:05	6:15-7:05			11:00-11:50	
Preschool Ninja 4.5-Kindergarten		1:30-2:20					
Level 1			4:10-5:10	4:10-5:10	4:15-5:15		12:00-1:00 1:00-2:00
Level 2		7:15-8:15	4:10-5:10 7:15-8:15	4:10-5:10	4:15-5:15	12:00-1:00	12:00-1:00 1:00-2:00
Level 3		7:15-8:15	4:10-5:10 7:15-8:15	4:10-5:10	5:20-6:20	12:00-1:00	
Level 4		7:15-8:30	7:15-8:30		5:20-6:35		
Level 5/6	6:30-8:00			7:30-9:00			
Level 7/8	6:30-8:00			7:30-9:00			
Kickover/Walkover	5:20-6:20		8:15-9:15	5:20-6:20	6:30-7:30		
Teen Tumble			8:15-9:15				
Back handspring (BHS)	5:20-6:20 8:00-9:00		8:15-9:15	5:20-6:20	6:30-7:30		
Flip N Twist* (F/T) Invitation Only	5:20-6:20 8:00-9:00			5:20-6:20			
Ninja 1	4:10-5:10			6:30-7:30			

Ninja 2* Invitation Only	4:10-5:10						
Homeschool				12:15-1:15			