

Elevate Gym Schedule

★ Class Structure and Registration Details

All classes follow an four-week rotation to give our athletes the flexibility to master the skills required for each level of their program. Every athlete, regardless of their current abilities, will enroll in beginner classes for evaluation and proper placement into the appropriate skill level by the coaches.

Skill Levels

- **Red 1:** Beginner
- **Red 2:** Beginner Advanced
- **Blue 1:** Intermediate
- **Blue 2:** Intermediate Advanced

The fee for each four-week session is **\$85**, which will be charged to each account every eight weeks.

MONDAY Classes

Pre-School Gymnastics 3-4 10:05 AM 11:00 AM

Pre-School Gymnastics 3-4 4:15 PM 5:10 PM

Boys Rec Beginner 5+ 4:15 PM 5:10 PM

Girls Recreational Gymnastics

RED I 4:15 PM 5:10 PM

RED II 4:15 PM 5:10 PM

RED I 5:20 PM 6:15 PM

RED II 5:20 PM 6:15 PM

RED II 5:20 PM 6:15 PM

Boys Rec Beginner 5+ 5:20 PM 6:15 PM

Girls Recreational Gymnastics

BLUE I 6:20 PM 7:15 PM

BLUE I 6:20 PM 7:15 PM

Little Ninjas 4-6 6:25 PM 7:20 PM

Ninjastics 6:25 PM 7:20 PM

Cheer Beginner Tumbling 4:30 PM 5:25 PM

Cheer Intermediate Tumble 5:30 6:25 PM

Cheer Advance Tumble 6:30 7:25 PM

TUESDAY Classes

Open Gym 9:30 AM 11:00 AM

Pre-School Gymnastics 3-4 4:15 PM 5:10 PM

Little Ninjas 4-6 4:15 PM 5:10 PM

Ninjastics 4:15 PM 5:10 PM

Girls Recreational Gymnastics

RED I 4:15 PM 5:10 PM

RED II 4:15 PM 5:10 PM

Ninjastics 5:20 PM 6:15 PM

Girls Recreational Gymnastics

RED I 5:20 PM 6:15 PM

RED II 5:20 PM 6:15 PM

Mommy & Me 5:20 PM 6:15 PM

Girls Recreational Gymnastics

BLUE I 6:20 PM 7:15 PM

Team (Girls) 6:00 PM 8:15 PM

WEDNESDAY Classes

Open Gym 9:30 AM 11:00 AM

Mommy & Me 10:05 AM 11:00 AM

Little Ninjas 4-6 4:15 PM 5:10 PM

Ninjastics 4:15 PM 5:10 PM

Pre-School Gymnastics 3-4 4:15 PM 5:10 PM

Girls Recreational Gymnastics

RED I 4:15 PM 5:10 PM

RED II 4:15 PM 5:10 PM

Ninjastics 5:20 PM 6:15 PM

Little Ninjas 4-6 5:20 PM 6:15 PM

Girls Recreational Gymnastics

RED II 5:20 PM 6:15 PM

RED II 5:20 PM 6:15 PM

BLUE I 5:20 PM 6:15 PM

Pre-School Gymnastics 3-4 5:20 PM 6:15 PM

Team (Girls) 5:00 PM 8:00 PM

THURSDAY Classes

Mommy & Me 10:05 AM 11:00 AM

Homeschool Gymnastics 11:05 AM 12:00 AM

Pre-School Gymnastics 3-4 4:15 PM 5:10 PM

Tumbling Beginner 5-7 5:15 PM 6:10 PM

Girls Recreational Gymnastics

RED I 5:20 PM 6:15 PM

RED II 5:20 PM 6:15 PM

Boys Rec Beginner 5+ 5:20 PM 6:15 PM

Pre-School Gymnastics 3-4 5:20 PM 6:15 PM

Team (Girls) 6:00 PM 8:15 PM

Girls Recreational Gymnastics

RED I 6:20 PM 7:15 PM

Tumbling 8-12 6:20 PM 7:15 PM

Tumbling 13+ 7:20 8:15 PM

Cheer - Stunt Beginner 4:30 5:25 PM

FRIDAY Classes

Pre-School Gymnastics 3-4 10:05 AM 11:00 AM

Open Gym 3:30 PM 5:00 PM

Tumbling Beginner 5-7 5:15 PM 6:10 PM

Tumbling 8-12 6:20 PM 7:15 PM

SATURDAY Classes

Aerial Silk 9:30 AM 10:30 AM

Aerial Silk 10:30 AM 11:30 AM

Mommy & Me 9:00 AM 9:55 AM

Girls Recreational Gymnastics

RED I 9:05 AM 10:00 AM

RED I 9:05 AM 10:00 AM

RED II 9:05 AM 10:00 AM

Pre-School Gymnastics 3-4 10:05 AM 11:00 AM

Girls Recreational Gymnastics

BLUE I 10:05 AM 11:00 AM

Open Gym 11:00 AM 12:30 AM