

**RECREATIONAL GYMNASTICS**

**AGES 0- WALKING**

**ROOKIES 45 MIN \$114/MONTH**  
COMING SOON!

**AGES WALKING-3**

**PLAY DATES 50 MIN \$126/MONTH**

Monday 9:00am  
Tuesday 9:00am, 10:00am  
Friday 9:00am  
Saturday 8:00am, 9:00am, 10:15am

**AGES 3-5**

**GROMMETS 50 MIN \$126/MONTH**

Monday 10:00am, 11:00am, 3:15pm, 4:15pm, 4:30pm, 5:15pm  
Tuesday 9:00am, 11:00am, 4:15pm, 5:30pm, 6:30pm  
Wednesday 4:00pm  
Thursday 4:15pm, 5:15pm, 5:30pm, 6:30pm  
Friday 9:00am, 10:00am, 5:00pm  
Saturday 9:00am, 9:30am, 10:30am, 11:30am

**AGES 5-6**

**HANGFIVE 60 MIN \$158/MONTH**

Monday 5:15pm, 6:30pm  
Tuesday 3:00pm, 5:15pm, 6:15pm  
Wednesday 4:00pm, 6:15pm  
Thursday 4:15pm, 5:30pm  
Friday 10:00am  
Saturday 9:00am, 12:30pm

**PARKOUR**

**AGES 3-5**

**GYMNINJA**

**50 MIN \$126/MONTH**

Monday 3:15pm 4:00 pm  
Wednesday 4:00 5:15pm  
Friday 11:00am, 3:00 pm 4:00pm  
Saturday 9:00am, 11:30am

**AGES 5-6**

**GYMWARRIOR**

**60 MIN \$158/MONTH**

Monday 5:15pm  
Wednesday 4:00 pm 5:00pm  
Thursday 4:00pm  
Friday 4:00 pm

**AGES 6+**

**BEGINNING**

**60 MIN \$158/MONTH**

Monday 3:30pm, 4:15 pm, 5:30pm, 6:15 pm  
Tuesday 4:00, 5:15pm, 6:15pm  
Wednesday 4:00pm  
Thursday 5:00pm, 6:30pm  
Friday 3:00pm, 5:00 pm  
Saturday 10:00 am

**AGES 6+**

**LEVEL 1 60 MIN \$158/MONTH**

Monday 4:15pm, 5:00pm, 5:30pm  
Tuesday 3:00pm, 4:15pm, 5:30pm, 6:30pm  
Wednesday 3:00pm, 4:00pm, 5:00pm, 5:15pm  
Thursday 3:30pm, 5:00pm, 5:30pm, 6:00pm  
Friday 3:00pm, 4:00pm  
Saturday 9:00am, 10:00am, 10:15am, 11:30am, 12:15pm

**LEVEL 2 90 MIN \$218/MONTH**

Monday 4:00pm  
Tuesday 4:00pm  
Wednesday 5:00pm  
Thursday 4:00pm, 5:30pm  
Friday 4:00pm  
Saturday 10:30am

**LEVEL 3 120 MIN \$273/MONTH**

Wednesday 4:00pm  
Friday 4:00pm

**LEVEL 4 120 MIN \$273/MONTH**

Monday 5:30pm  
Tuesday 5:30pm

**VERY INCLUSIVE PROGRAM**

Tuesday 5:15pm

**AGES 9+**

**LEVEL 1**

**60 MIN \$158/MONTH**

Tuesday 5:15pm  
Wednesday 6:15pm  
Thursday 6:30pm  
Friday 4:00pm

**COMPETITIVE TEAMS**

**INVITE ONLY**

**PRE-TEAM HOT SHOTS**

Tuesday & Thursday 4:00-5:30pm

**PRE-TEAM STARS**

Monday & Wednesday 4:00-5:30pm  
Thursday 5:30-7:30pm

**XCEL TEAM PLATINUM**

Monday & Wednesday 5:30-8:00pm  
Thursday 5:30-7:30pm

**XCEL TEAM GOLD**

Monday & Wednesday 5:30-8:00pm  
Thursday 5:30-7:30pm

**XCEL TEAM SILVER**

Monday & Wednesday 5:30-8:00pm  
Friday 4:30-6:30pm

**DEMO TEAMS**

Friday 5:30-6:30pm  
Mini's: Friday 3:00-3:50pm

**PARKOUR TEAM**

Tuesday 5:00-6:00pm

**TUMBLING**

**AGES 6+**

**BEGINNING 60 MIN \$158/MONTH**

Monday 6:15pm  
Tuesday 4:15pm  
Wednesday 6:30pm

**INTERMEDIATE/ ADVANCED**

Tuesday 4:00pm  
Tuesday 6:30pm

**ENROLL NOW!**

**DOWNLOAD**



DOWNLOAD ON THE  
Apple Store

GET IT ON  
Google Play



**INTERMEDIATE**

**60 MIN \$158/MONTH**

Wednesday 6:15pm  
Thursday 4:30pm  
Friday 5:00pm

**ADVANCED**

**90 MIN \$218/MONTH**

Thursday 6:00pm

**CAMPS & EVENTS**

**SEASONAL CAMPS**

WHEN SCHOOL IS OUT, CAMP IS IN! OFFERED ON A WEEKLY BASIS MONDAY- FRIDAY 9AM-3PM

**OPEN GYM**

Monday-Friday (ALL Ages)  
12:00-1:00PM  
2:30-3:30PM  
Saturday (5+ Only)  
1:30-2:30PM  
Thursday (5+ Only)  
7:00pm-8:00pm

**PARTIES & PRIVATE GYM RENTALS**

90 MINUTE PRIVATE EVENTS  
SAT/ SUN STARTING AT \$350  
MORE INFORMATION ONLINE

**KIDS NIGHT OUT**

OFFERED THE 2ND FRIDAY OF EVERY MONTH  
ENROLLED IN CLASSES \$42/ CHILD OR \$79/ FAMILY