



## GYM360, SPECIALTY AND ADULT CONTINUOUS MONTHLY PROGRAMMING SCHEDULE

| PROGRAM  | MONDAY           | TUESDAY                                     | WEDNESDAY                                      | THURSDAY                                       | FRIDAY                          | SATURDAY                                   |
|--|------------------|---|--|--|---------------------------------|--|
| <b>PRICING VARIES BY MONTH BASED ON THE NUMBER OF CLASSES OFFERED. PLEASE SEE PRICING GRID FOR MORE DETAILS.</b>   |                  |   |  |  |                                 |  |
| <b>GYM 360</b>   |                  |   |  |  |                                 |  |
| <b>JUNIOR GYM360</b><br>CLASS LENGTH: 1 HOUR/DAYTIME<br>1.5 HOURS/EVENINGS & WEEKENDS<br>CO-ED, AGES 5-6   | 4:50PM<br>6:30PM | 4:50PM                                      | 4:50PM<br>6:30PM                               | 4:50PM<br>6:30PM                               | 3:15PM<br>(1 HR)                | 1:00PM                                     |
| <b>BEGINNER GYM360</b><br>GYM360 LEVELS 1 & 2<br>CLASS LENGTH: 1 HOUR/DAYTIME<br>1.5 HOURS/ EVENINGS & WEEKENDS<br>CO-ED, AGES 6+  | 4:50PM<br>6:30PM | 4:50PM<br>(2 CLASSES)<br>6:30PM             | 4:50PM<br>(2 CLASSES)<br>6:30PM<br>(2 CLASSES) | 4:50PM<br>(2 CLASSES)<br>6:30PM<br>(2 CLASSES) | 3:15PM<br>(1 HR)<br>(2 CLASSES) | 9:30AM<br>11:15AM<br>1:00PM<br>(2 CLASSES) |
| <b>INTERMEDIATE GYM360</b><br>GYM360 LEVELS 3, 4 & 5<br>CLASS LENGTH: 1 HOUR/DAYTIME<br>1.5 HOURS EVENINGS & WEEKENDS<br>CO-ED, AGES 6+  | 4:50PM<br>6:30PM | 4:50PM<br>6:30PM<br>(2 CLASSES)             | 4:50PM<br>(2 CLASSES)<br>6:30PM<br>(2 CLASSES) | 4:50PM<br>(2 CLASSES)<br>6:30PM<br>(2 CLASSES) | 3:15PM<br>(1 HR)                | 9:30AM<br>11:15AM<br>1:00PM                |
| <b>ADVANCED GYM360</b><br>GYM360 LEVELS 6 & 7<br>CLASS LENGTH: 1.5 HOURS EVENINGS & WEEKENDS<br>CO-ED, AGES 7+   | 4:50PM           | 6:30PM                                      | 6:30PM   | 4:50PM<br>6:30PM                               | X                               | 1:00PM                                     |
| <b>ADVANCED PLUS GYM360</b><br>GYM 360 LEVELS 8, 9, 10 & BEYOND<br>CLASS LENGTH: 1.5 HOURS<br>CO-ED, AGES 8+<br>PRE-REQ: GYM360 LEVEL 7 OR COMPETITIVE EXPERIENCE  | 6:30PM           | X   | X  | X  | X                               | X  |
| <b>SPECIALTY</b>   |                  |   |  |  |                                 |  |
| <b>PRE-TEEN GYM</b><br>AGES 8 -11<br>CLASS LENGTH: 1.5 HOURS<br>NO GYMANSTICS EXPERIENCE REQUIRED  | X                | X   | 4:50PM   | X  | X                               | X  |
| <b>TEEN GYM</b><br>CLASS LENGTH: 1.5 HOURS<br>AGES 12-16<br>NO GYMANSTICS EXPERIENCE REQUIRED  | 6:30PM           | X   | X  | X  | X                               | X  |
| <b>ACRO AND TUMBLING FOR DANCE AND CHEER</b><br>CLASS LENGTH: 1.5 HOURS<br>CO-ED, AGES 6+<br><b>BEGINNER:</b> BRIDGE AND CARTWHEEL MASTERED<br><b>INT/ADV:</b> ROUNDOFF MASTERED, READY FOR AERIALS AND BACK HANDSPRINGS | X                | 4:50PM<br>(BEGINNER)<br>6:30PM<br>(INT/ADV) | X  | X  | X                               | X  |
| <b>TRAMPOLINE AND TUMBLING</b><br>CLASS LENGTH: 1.5 HOURS<br>CO-ED, AGES 7+<br>PRE-REQ:<br>LEVEL 2 GYM360 AND CARTWHEEL  | 4:50PM           | X   | X  | X  | X                               | X  |
| <b>PARKOUR GYMNASTICS</b><br>CLASS LENGTH: 1.5 HOURS<br>CO-ED, AGES 8+<br><b>BEGINNER:</b> FOR ANYONE!!<br><b>INT/ADV:</b> MASTERED KONG, HANDSTAND AND LONG SWING   | X                | 4:50PM<br>(BEGINNER)<br>6:30PM<br>(INT/ADV) | X  | X  | X                               | X  |
| <b>ADULT GYMNASTICS/FITNESS (AGES 16+)</b>   |                  |   |  |  |                                 |  |
| <b>ADULT GYMNASTICS</b><br>CLASS LENGTH: 1.5 HOURS<br><b>ALL LEVELS:</b> FOR ANYONE!!<br><b>INT/ADV:</b> MASTERED THE BASICS AND READY FOR MORE CHALLENGING SKILLS AND COMBINATIONS                                      | X                | X   | 6:30PM<br>(ALL LEVELS)                         | X  | X                               | X  |
| <b>GYMSANITY</b><br>CARDIO AND FULL BODY BLAST!<br>CLASS LENGTH: 1 HOUR  | 7:00PM           | X   | X  | X  | X                               | X  |

PLEASE NOTE THAT ALL CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION BASED ON ENROLLMENT AND COACH AVAILABILITY.