



## 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>FOUNDATIONS GYM360</b> <i>GYM360 LEVELS 1 &amp; 2</i> CLASS LENGTH: 1 HOUR/DAYTIME 1.5 HOURS/EVENINGS & WEEKENDS CO-ED, AGES 5.5+	4:50PM 6:30PM	4:50PM	4:50PM (2 CLASSES) 6:30PM (2 CLASSES)	4:50PM (2 CLASSES) 6:30PM	3:15PM (1 HR)	9:30AM 1:00PM (2 CLASSES)
<b>BEGINNER GYM360</b> <i>GYM360 LEVELS 3 &amp; 4</i> CLASS LENGTH: 1 HOUR/DAYTIME 1.5 HOURS/ EVENINGS & WEEKENDS CO-ED, AGES 6+	4:50PM 6:30PM	4:50PM 6:30PM	4:50PM 6:30PM	4:50PM 6:30PM (2 CLASSES)	3:15PM (1 HR) (2 CLASSES)	11:15AM 1:00PM
<b>INTERMEDIATE GYM360</b> <i>GYM360 LEVELS 4 &amp; 5</i> CLASS LENGTH: 1 HOUR/DAYTIME 1.5 HOURS EVENINGS & WEEKENDS CO-ED, AGES 6+	4:50PM 6:30PM	4:50PM (2 CLASSES) 6:30PM	4:50PM (2 CLASSES) 6:30PM (2 CLASSES)	4:50PM (2 CLASSES) 6:30PM (2 CLASSES)	3:15PM (1 HR)	9:30AM 11:15AM 1:00PM
<b>ADVANCED GYM360</b> <i>GYM360 LEVELS 6 &amp; 7</i> CLASS LENGTH: 1.5 HOURS EVENINGS & WEEKENDS CO-ED, AGES 7+	4:50PM	6:30PM (2 CLASSES)	6:30PM	4:50PM 6:30PM	X	1:00PM
<b>ADVANCED PLUS GYM360</b> <i>GYM 360 LEVELS 8, 9, 10 &amp; BEYOND</i> CLASS LENGTH: 1.5 HOURS CO-ED, AGES 8+ PRE-REQ: GYM360 LEVEL 7 OR COMPETITIVE EXPERIENCE	6:30PM	X	X	X	X	X
<b>SPECIALTY</b>						
<b>PRE-TEEN GYM</b> AGES 8 -11 CLASS LENGTH: 1.5 HOURS NO GYMANSTICS EXPERIENCE REQUIRED	X	X	4:50PM	X	X	X
<b>TEEN GYM</b> CLASS LENGTH: 1.5 HOURS AGES 12-16 NO GYMNASTICS EXPERIENCE REQUIRED	6:30PM	X	X	X	X	X
<b>ACRO AND TUMBLING FOR DANCE AND CHEER</b> CLASS LENGTH: 1.5 HOURS CO-ED, AGES 6+ BEGINNER: BRIDGE AND CARTWHEEL MASTERED INT/ADV: ROUNDOFF MASTERED, READY FOR AERIALS AND BACK HANDSPRINGS	X	4:50PM <i>(BEGINNER)</i> 6:30PM <i>(INT/ADV)</i>	X	X	X	X
<b>TRAMPOLINE AND TUMBLING</b> CLASS LENGTH: 1.5 HOURS CO-ED, AGES 7+ PRE-REQ: LEVEL 2 GYM360 AND CARTWHEEL	4:50PM	X	X	X	X	X
<b>PARKOUR GYMNASTICS</b> CLASS LENGTH: 1.5 HOURS CO-ED, AGES: 8-12 BEG/INT: FOR ANYONE!!	X	4:50PM <i>(BEG/INT)</i> 6:30PM <i>(BEG/INT)</i>	X	X	X	X
<b>ADULT GYMNASTICS/FITNESS (AGES 16+)</b>						
<b>ADULT GYMNASTICS</b> CLASS LENGTH: 1.5 HOURS ALL LEVELS: FOR ANYONE!! INT/ADV: MASTERED THE BASICS AND READY FOR MORE CHALLENGING SKILLS AND COMBINATIONS	X	X	6:30PM <i>(ALL LEVELS)</i>	X	X	X
<b>GYMSANITY</b> CARDIO AND FULL BODY BLAST! CLASS LENGTH: 1 HOUR	7:10PM	X	X	X	X	X

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