Kyle Shewfelt GYMNASTICS

GYM360, SPECIALTY AND ADULT
CONTINUOUS MONTHLY PROGRAMMING SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRICING VARIES BY MONTH BASED ON THE NUMBER OF CLASSES OFFERED. PLEASE SEE PRICING GRID FOR MORE DETAILS.						
GYM 360						
FOUNDATIONS GYM360 *GYM360 LEVELS 1 & 2* CLASS LENGTH: 1 HOUR/DAYTIME 1.5 HOURS/EVENINGS & WEEKENDS CO-ED, AGES 5.5+	4:50PM 6:30PM (2 CLASSES)	4:50PM (2 CLASSES) 6:30PM	4:50PM (2 CLASSES) 6:30PM (2 CLASSES)	4:50PM (2 CLASSES) 6:30PM	3:15PM (1 HR) (2 CLASSES)	9:30AM (2 CLASSES) 1:00PM (2 CLASSES)
BEGINNER GYM360 *GYM360 LEVELS 3 & 4* CLASS LENGTH: 1 HOUR/DAYTIME 1.5 HOURS/ EVENINGS & WEEKENDS CO-ED, AGES 6+	4:50PM (2 CLASSES) 6:30PM	4:50PM 6:30PM	4:50PM 6:30PM	4:50PM 6:30PM (2 CLASSES)	3:15PM (1 HR) (2 CLASSES)	11:15AM (2 CLASSES) 1:00PM (2 CLASSES)
INTERMEDIATE GYM360 *GYM360 LEVELS 4 & 5* 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	4:50PM (2 CLASSES) 6:30PM	3:15PM (1 HR)	9:30AM 11:15AM 1:00PM
ADVANCED GYM360 *GYM360 LEVELS 6 & 7* CLASS LENGTH: 1.5 HOURS EVENINGS & WEEKENDS CO-ED, AGES 7+	4:50PM	6:30PM (2 CLASSES)	6:30PM (2 CLASSES)	4:50PM 6:30PM	X	1:00PM
ADVANCED PLUS GYM360 *GYM 360 LEVELS 8, 9, 10 & BEYOND* CLASS LENGTH: 1.5 HOURS CO-ED, AGES 8+ PRE-REQ: GYM360 LEVEL 7 OR COMPETITIVE EXPERIENCE	6:30PM	X	X	6:30PM	X	X
SPECIALTY						
PRE-TEEN GYM AGES 8 -11 CLASS LENGTH: 1.5 HOURS NO GYMANSTICS EXPERIENCE REQUIRED	X	X	4:50PM	X	X	X
TEEN GYM CLASS LENGTH: 1.5 HOURS AGES 12-16 NO GYMNASTICS EXPERIENCE REQUIRED	6:30PM	X	X	X	X	X
TRAMPOLINE AND TUMBLING CLASS LENGTH: 1.5 HOURS CO-ED, AGES 7+ PRE-REQ: LEVEL 2 GYM360 AND CARTWHEEL	4:50PM	X	X	X	X	X
PARKOUR GYMNASTICS CLASS LENGTH: 1.5 HOURS CO-ED, AGES: 8-12 BEG/INT: FOR ANYONE!!	X	4:50PM *(BEG/INT)* 6:30PM *(BEG/INT)*	X	X	X	X
ADULT GYMNASTICS/FITNESS (AGES 16+)						
ADULT GYMNASTICS 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 *(ALL LEVELS)*	X	X	X
GYMSANITY CARDIO AND FULL BODY BLAST! 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.