

# OCTOBER

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday                                   | Sunday                                     | GYMNASTICS - OCTOBER |
|--|---|---|--|--|--|--|----------------------|
|  |   |   |  | *Kidnastics<br>9:00-9:45am<br>Ages 3-5   | *Toddler Time<br>9:00-9:45am<br>Ages 0.5-3 |  |                      |
|  |   |   |  | *Ninja Kids<br>10:00-11:00am<br>Ages 4-8   | *Family Gym<br>10:00-11:00am<br>Ages 0.5-6 | *Kids Gym<br>10:00-11:00am<br>Ages 0.5-8   |                      |
|  |   |   | Aerial Hoop and Trapeze<br>11:00-12:00pm<br>Ages 12+ |  |  |  |                      |
|  |   |   |  | Optional Team Practice<br>12:00-2:00pm   |  | Birthday Parties<br>11:30am-1:30pm         |                      |
|  |   |   |  | Gymnastics Team Strength Training<br>2:00-3:00pm                                 | Birthday Parties<br>1:00-3:00pm            |  |                      |
|  |   |   |  |  |  |  |                      |
| Level 1 Beginner<br>4:00-6:00pm<br><b>No class 10/2</b>              | Level 4<br>4:00-6:00pm<br><b>No class 10/31</b>       | Boys Ninja Warrior<br>4:00-5:00pm<br>Ages 6-8<br><b>No class 10/4</b> | Aerial Arts<br>4:00-5:00pm<br>Ages 8+                | *Aerial Arts Drop-in and Tramp/Open Gym Combined Class<br>4:00-5:00pm<br>Ages 9+ | *Tramp/Open Gym<br>4:00-5:00pm<br>Ages 8+  | *Flip Your Lids<br>3:00-5:00pm<br>Ages 10+ |                      |
| Level 1 Beginner<br>5:00-6:00pm<br>Ages 6-10<br><b>No class 10/2</b> |   |   | Aerial Team<br>5:15-6:15pm                           | Level 4<br>4:00-6:00pm   | Level 1 Intermediate<br>5:00-6:00pm        | *Advanced Tramp<br>5:00-6:00pm<br>Ages 9+  |                      |
| Optional Team<br>5:30-7:30pm   | Level 2 and 3<br>5:00-7:00pm<br><b>No class 10/31</b> | Optional Team<br>5:30-7:30  | Level 3<br>5:00-7:00pm                               | *Adult Silks<br>6:30-7:30  | Adult Open Gym<br>6:00-7:00pm              |  |                      |

\*Drop-in Class