



ADRENALINE GYMNASTICS

Fall 2020-2021 Schedule (Starts Sept 8th 2020)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Co-Ed Fun with Mom or Dad Ages 18 months - 3yrs (45 min)			9:30-10:15am 5:30-6:15pm			9:30-10:15am 10:30-11:15 am	
Co-Ed Fun Kindergym Ages 2.5-3 (1 hr)	4:30-5:30pm 5:30-6:30 pm	5-6 pm 6-7 pm 7-8 pm	9:30-10:30am 4:30-6:30 pm 5:30-6:30pm	5-6 pm 6-7 pm 7-8 pm		9:30-10:30am 10:30-11:30 am 11:30-12:30 pm	10:30-11:30 am 11:30-12:30pm
Mini Stars Ages 3-5 2x/wk (3 hrs)	5-6:30pm (must do both)			5-6:30pm (must do both)			
Co-Ed Fun Kindergym Ages 3-4.5 (1 hr)	4:30-5:30pm 5:30-6:30 pm	5-6 pm 6-7 pm 7-8 pm	4:30-5:30pm 5:30-6:30 pm	5-6 pm 6-7 pm 7-8 pm		9:30-10:30am 10:30-11:30 am 11:30-12:30 pm	10:30-11:30 am 11:30-12:30pm
Co -Ed Fun Recreational Ages 4.5-6 (1.5 hrs)	4:30-6 pm 6-7:30 pm	4:30-6 pm 6-7:30 pm	4:30-6 pm 6-7:30 pm	4:30-6 pm 6-7:30 pm	4:30-6 pm 6-7:30 pm	9-10:30 am 10:30-12 pm 12:30-2 pm	9-10:30 am 10:30-12 pm 12:30-2 pm
Girls Fun Recreational Ages 7-9 (1.5 hrs)	4:30-6 pm 6-7:30 pm 7:30-9 pm	4:30-6 pm 6-7:30 pm 7:30-9 pm	4:30-6 pm 6-7:30 pm 7:30-9 pm	4:30-6 pm 6-7:30 pm 7:30-9 pm	4:30-6 pm Collane 6-7:30 pm	9-10:30 am 10:30-12 pm 12:30-2 pm	9-10:30 am 10:30-12 pm 12:30-2 pm
Girls Fun Recreational Ages 10-12 (1.5 hrs)	4:30-6 pm 6-7:30 pm 7:30-9 pm	4:30-6 pm 6-7:30 pm 7:30-9 pm	4:30-6 pm 6-7:30 pm 7:30-9 pm	4:30-6 pm 6-7:30 pm 7:30-9 pm	4:30-6 pm Collane 6-7:30 pm	9-10:30 am 10:30-12 pm 12:30-2 pm	9-10:30 am 10:30-12 pm 12:30-2 pm
Girls Teen Fun Ages 13-17 (1.5 hrs)					7:30-9 pm		
Girls Advanced Fun Ages 7+ (2 hrs)	6:30-8:30 pm		6:30-8:30 pm		6:30-8:30 pm	12-2 pm	
Boys Fun Recreational Ages 6+ (1.5 hrs)				6-7:30 pm			
Acro/Tumbling for Dancers & Cheer Ages 6+ (2 hrs)	6:45-8:45pm						
Co-Ed Tumbling / Parkour Ages 8+ (1.5 hrs)					6-7:30 pm		
Trampoline Fun Ages 7+ (1 hr)			5-6 pm Kwame				
Pre-Team Girls Advanced PT 1: Ages 6-9, PT 2: Ages 9-12, PT 3: Ages 11+ 2x/wk (must try out)	PT-2 : 5-7 pm (must do both)	PT-1: 4:30-6:30 pm PT-3: 6:45-8:45 pm (must do both)		PT-2 : 5-7 pm (must do both)		PT-1: 9-11 am PT-3: 11:15-1:15 pm (must do both)	
Drop In Fun			18+: 9-11 pm		18+: 9-11 pm		13+: 5:30-7 pm

*All Recreational classes are divided into pods based on time slot and Age ranges.

**All Classes finish 5 min early to allow for cleaning and traffic flow!