



## ADRENALINE GYMNASTICS

### 2020-2021 Schedule (Starts Nov 9th 2020)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Co-Ed Fun with Mom or Dad Ages 12 months - 3yrs (45 min)			9:30-10:15am				
Co-Ed Fun with Mom or Dad Transitional class Ages 2 - 4yrs (1 hr)		6-7 pm				9:30-10:30am	
Co-Ed Kindergym Fun Ages 2.5-4.5 (1 hr)			9:30-10:30am 4:30-5:30 pm			10:30-11:30 am	10:30-11:30 am
Mini Stars Ages 3-5 2x/wk (3 hrs)	5-6:30pm (must do both)		5-6:30pm (must do both)				
Co -Ed Recreational Fun Ages 4.5-6 (1.5 hrs)			6-7:30 pm				
Girls Recreational Fun Ages 6-12 (1.5 hrs)		6-7:30 pm	4:30-6 pm		4:30-6 pm 6-7:30 pm	10:30-12 pm	1-2:30 pm
Boys Recreational Fun Ages 6+ (1.5 hrs)				6-7:30 pm		10:30-12 pm	
Adult Class 14+			9-10:30pm		9-10:30pm		
Co-Ed Tumbling / Parkour Ages 7+ (1.5 hrs)					6-7:30 pm		
Pre-Team Girls Advanced PT 2: Ages 9-12, PT 3: Ages 11+ 2x/wk (must try out)	PT-2 : 6-8 pm (must do both)	PT-3: 6-8 pm (must do both)	PT-2 : 6-8 pm (must do both)			PT-3: 10-12pm (must do both)	

\*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!

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