**Extreme Gymnastics**

Recreation Program (916) 652-6559

|  |  |  |  |  |  |
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| **Classes** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **TOTS** |  |  |  |  |  |
| **Toddler Time**  Walking – Age 3  (Parent Participation) 45 min. | 10:00 Jess | 11:00 Bobbi | 11:00 Bobbi | 10:00 Bobbi |  |
| **KINDERS** |  |  |  |  |  |
| **Kinder I**  Ages 3-4 45 min. | 10:00 Bobbi | 11:00 Ted  3:30 Bobbi  4:30 Ryleigh | 9:00 Bobbi  10:00 Ted  3:30 Ryleigh  4:30 Ryleigh | 11:00 Jess |  |
| **Kinder II**  Ages 4-5 45 min. | 11:00 Bobbi | 3:30 Ryleigh  5:30 Ryleigh | 11:00 Ted | 11:00 Bobbi  3:30 Ryleigh |  |
| **Kinder III**  Ages 4-5 45 min. | 9:00 Bobbi  11:00 Jess | 4:30 Bobbi | 10:00 Bobbi | 10:00 Jess  4:30 Ryleigh |  |
| **Little Ninja**  Ages 4-7 45 min. | 3:00 Kobe |  | 9:00 Kobe  10:00 Kobe |  |  |
| **GIRLS** |  |  |  |  |  |
| **Beginner Girls (1A)**  Ages 5 & up 50 min. | 1:30 Steve  3:45 Elizabeth / Kat  5:00 Elizabeth | 2:30 Steve  3:30 Steve  4:30 Elizabeth / Steve  6:30 Elizabeth | 9:00 Ted  3:30 Kat  4:30 Aryia | 3:30 Kat  4:30 Bridget | 3:30 Elizabeth  4:30 Aryia |
| **Intermediate Girls (1B)**  Ages 5 & up 50 min. | 4:00 Aryia  6:00 Elizabeth | 3:30 Elizabeth  4:30 Kat  5:30 Elizabeth  6:30 Elizabeth | 3:30 Steve  4:30 Steve  5:30 Kat | 4:30 Kat | 5:30 Elizabeth |
| **Advanced Girls (2A)**  Ages 6 & up 1hr | 3:30 Steve |  | 4:30 Kat |  | 4:30 Elizabeth |
|  |  |  |  |  |  |
| **Rizing Starz & Super Girls (Invite Only)** | RS 5:00 Aryia | SG 3:30-5:30  Kelsey |  | SG 3:30-5:00  Kelsey | RS 5:30 Aryia |
| **BOYS** |  |  |  |  |  |
| **Beginner Boys**  Ages 5 & up 50 min. | 4:00 Kobe | 1:30 Steve  3:30 Kobe |  | 3:00 Steve  4:30 Steve |  |
| **Intermediate Boys**  Ages 6 & up 55 min. |  |  | 4:30 Nate |  | 4:30 Steve |
| **COED CLASSES** |  |  |  |  |  |
| **Intro to Acro**  Ages 5 & up 50 min. |  |  |  | 3:30 Aryia |  |
| **TUMBLING**  **(Level 1-4)**  Ages 6 & up 50 min. | 2:30 Steve  3:00 L1 Aryia  6:00 L1-2 Aryia |  | 3:30 Nate  5:30 Nate  6:30 Nate | 4:00 Nate | 3:30 L2-3 Steve  3:30 Aryia  4:30 Nate |
| **Urban Gymnastics**  Ages 7 & up 50 min to 1hr | 1:30-2:30 Kobe  4:30 Jack  5:00 Kobe | 4:30 Kobe | 11:00 Kobe  3:30 Kobe  4:30 Kobe / Jack |  | 4:30 Jack |
| General Gymnastics  Ages 6 & up 45 min. |  | 10:00 Ted |  |  |  |

\*\*Instructors are subject to change without notice\*\* www.extremegymnastics.com 916-652-6559