**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 Ted3:30 Bobbi4:30 Ryleigh | 9:00 Bobbi10:00 Ted3:30 Ryleigh4:30 Ryleigh | 11:00 Jess |   |
| **Kinder II** Ages 4-5 45 min. | 11:00 Bobbi | 3:30 Ryleigh5:30 Ryleigh | 11:00 Ted | 11:00 Bobbi 3:30 Ryleigh |  |
| **Kinder III** Ages 4-5 45 min.  | 9:00 Bobbi11:00 Jess | 4:30 Bobbi | 10:00 Bobbi | 10:00 Jess4:30 Ryleigh |  |
| **Little Ninja**Ages 4-7 45 min. | 3:00 Kobe  |  | 9:00 Kobe10:00 Kobe |  |  |
| **GIRLS**  |   |   |   |   |   |
| **Beginner Girls (1A)**Ages 5 & up 50 min. | 1:30 Steve3:45 Elizabeth / Kat5:00 Elizabeth | 2:30 Steve3:30 Steve4:30 Elizabeth / Steve6:30 Elizabeth | 9:00 Ted3:30 Kat4:30 Aryia  | 3:30 Kat4:30 Bridget | 3:30 Elizabeth 4:30 Aryia  |
| **Intermediate Girls (1B)**Ages 5 & up 50 min. | 4:00 Aryia6:00 Elizabeth  | 3:30 Elizabeth4:30 Kat 5:30 Elizabeth6:30 Elizabeth | 3:30 Steve4:30 Steve5:30 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 3:30-5:30Kelsey |  | SG 3:30-5:00Kelsey | RS 5:30 Aryia |
| **BOYS** |  |  |  |  |  |
| **Beginner Boys** Ages 5 & up 50 min. | 4:00 Kobe | 1:30 Steve3:30 Kobe  |  | 3:00 Steve4:30 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 Steve3:00 L1 Aryia6:00 L1-2 Aryia |  | 3:30 Nate5:30 Nate6:30 Nate | 4:00 Nate | 3:30 L2-3 Steve3:30 Aryia4:30 Nate |
| **Urban Gymnastics** Ages 7 & up 50 min to 1hr | 1:30-2:30 Kobe4:30 Jack5:00 Kobe |  4:30 Kobe | 11:00 Kobe3:30 Kobe4:30 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