

Extreme Gymnastics & Cheer

Recreation Program (916) 652-6559

Classes	Monday	Tuesday	Wednesday	Thursday	Friday
TOTS					
Toddler Time Walking – Age 3 (Parent Participation) 45 min.	10:00 Bobbi	10:00 Bobbi	11:00 Bobbi	10:10 Bobbi (Closed) 11:00 Bobbi	
KINDERS					
Kinder I Ages 3-4 45 min.	10:00 Ted 11:00 Ted	11:00 Bobbi 3:30 Bobbi	11:00 Ted 3:30 Bobbi	9:00 Jack 11:00 Ted	
Kinder II Ages 4-5 45 min.	11:00 Bobbi	9:00 Jack 5:30 Elizabeth	9:00 Ted 4:30 Bobbi	10:00 Jack (Closed) 3:30 Bobbi 4:30 Kristen	
Kinder III Ages 4-5 45 min.	9:00 Ted 3:45 Bobbi	9:00 Ted 10:00 Ted 4:30 Bobbi	10:00 Bobbi 4:30 Kristen	4:30 Bobbi	
Little Ninja Ages 4-6 50 min.		10:00 Jack		11:00 Jack	
GIRLS					
Beginner Girls (1A) Ages 5 & up 55 min.	3:45 Josh 3:45 Elizabeth 5:00 Kat 5:00 Josh (Young)	3:30 Elizabeth 4:30 Kat 5:30 Kat	3:30 Kristen 3:30 Kat 4:30 Oh / Brittany 6:30 Nate 6:30 Kat	4:00 Kat 5:00 Elizabeth 6:00 Elizabeth	4:30 Elizabeth
Intermediate Girls (1B) Ages 5 & up 55 min.	4:00 Kat 4:00 Jack 6:00 Elizabeth	3:30 Kristen 4:30 Elizabeth 6:30 Elizabeth	3:30 Ted 4:30 Kat 5:30 Kat	4:00 Elizabeth 5:00 Kat	5:00 Jack
Advanced Girls (2A) Ages 6 & up 1hr 10 min.	4:45 Elizabeth 7:00 Jack	4:30 Jack	4:30 Ted 5:30 Jack	4:30 Oh 6:00 Kat	
Rizing Starz & Super Girls (Invite Only)	RS 3:30 Mary	RS 4:00 Kelsey	Super Girls 4:00-6:00 Bridget		Super Girls 4:00-6:00 Bridget
BOYS					
Beginner Boys Ages 5 & up 55 min.	4:00 Oleg	3:30 Jack	3:30 Oleg 4:30 Jack	3:00 Oleg 4:30 Jack	
Intermediate Boys Ages 6 & up 1 hr.		4:30 Josh	4:30 Nate		
COED CLASSES					
TUMBLING (Level 1-4) Ages 6 & up 55 min.	6:00 L1-2 Jack 6:00 L1-2 Kat	7:30 L3 Nate	3:30 L1-2 Nate 5:30 L2 Nate 7:30 L2-3 Nate	3:30 L1-2 Kristen 4:00 L1-2 Nate 5:00 GB Cheer 5:30 L2-3 Kristen 6:00 Jack	3:30 L1-2 Kristen 3:30 L2-3 Nate 3:30 Oleg
Urban Gymnastics Ages 7 & up 55 min.	1:30-2:45 Jack (Beg.) 5:00 Jack (Beg.)	6:30 Keaton (Int.)	3:30 Jack (Beg.) 5:30 Keaton (Int.)	3:30 Jack 7:00 Jack (Beg.)	4:00 Jack (Int.) 5:30 Keaton (Adv.)
Tumble & Trampoline Ages 6 & up 55 min.	3:00 Oleg				4:30 Keaton
HOMESCHOOL CLASSES Ages 5 & up 50 min.		11:00 Jack / Ted	10:00 Ted	11:00 Jack	