

2022-2023 Class Schedule

Preschool Classes

Ps 2/3 (40min): Monday 9:30a, 4:30p

Tuesday 4:30p, 5:30p

Wednesday 5:30p

Thursday 4:30p, 6:30p

Ps 3/5 (55min): Wednesday 2:00p

Thursday 10:30a

Saturday 10:00a

Ps 4/5 (55min): Monday 10:15a, 4:30p, 5:30p

Tuesday 5:30p, 6:30p

Wednesday 5:30p

Thursday 5:30p 6:30p

Mother's Day Out (3h): 9:30a-12:30p

Kindergarten Classes (co-ed)

Kinder (55min): Monday 6:30p

Tuesday 4:30p

Wednesday 4:30p, 5:30p

Thursday 5:30p

Homeschool Classes (co-ed)

Homeschool (55min): Monday 11:30a

***Invitational Classes**

Rising Stars (55min): Thursday 6:30p

Mighty Stars (55min): Monday 5:30p

Xcel Training (2h): Tuesday 5:00p

Girls Recreational Classes

GL1 (55min): Monday 4:30p, 5:30p, 6:30p

Tuesday 4:30p, 6:30p

Wednesday 4:30p, 5:30p, 6:30p

Thursday 4:30p, 5:30p

Saturday 11:00a

GL2 (55min): Tuesday 5:30p

Wednesday 6:30p

Thursday 4:30p

GL3 (55min): Monday 5:30p

Boys Recreational Classes

BL1 (55min): Tuesday 4:30p

Wednesday 5:30p, 6:30p

BL2 (90min): Wednesday 5:30p

Tumbling

TBL1 (55min): Monday 4:30p

Tuesday 6:30p

Wednesday 4:30p, 5:30p

Saturday 12:00p

TBL2 (55min): Monday 6:30p

Cheer Classes

Cheer Training (90min): Wednesday 6:30p

Other Classes

Super Hero/Ninja (55min): Thursday 5:30p

Parkour (55min): 6:30p

Core Fitness (55min): Monday 5:30p

Wednesday 4:30p

