

PLEASE SEE OTHER SIDE FOR MORE CLASSES

Trampoline/ Tumbling	Monthly Tuition	Age	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Firecrackers</b> coed Trampoline & Tumbling	\$95	3-5	4:00-5:00	10:00-11:00 11:00-12:00 1:00-2:00	11:00-12:00 3:30-4:30	10:00-11:00 11:00-12:00 1:00-2:00 5:00-6:00		9:30-10:30 10:30-11:30
<b>Lil' Poppers</b> coed trampoline	\$95	3-5		10:00-11:00 11:00-12:00 1:00-2:00 4:30-5:30	10:00-11:00 1:00-2:00 4:30-5:30	10:00-11:00 11:00-12:00 1:00-2:00 4:00-5:00	4:00-5:00 5:00-6:00	9:30-10:30 10:30-11:30 11:30-12:30
<b>Trampoline</b> coed	\$95	6+	4:00-5:00 6:00-7:00	5:30-6:30		4:00-5:00	4:00-5:00 5:45-6:45	9:45-10:45 11:00-12:00
<b>Tumbling</b> coed Beginning	\$110	6+	6:00-7:15			6:00-7:15		
<b>Tumbling</b> coed Intermediate	\$110	skills req	6:00-7:15	6:45-8:00	5:30-6:45	6:00-7:15		
<b>Tumbling</b> coed Advanced	\$110	skills req		6:45-8:00		6:00-7:15		
<b>TNT -</b> coed Trampoline & Tumbling	\$110	6+	1:00-2:00 4:00-5:15 5:00-6:15	4:00-5:15 5:30-6:45	4:00-5:15 5:00-6:15	5:30-6:45	4:30-5:45 5:45-7:00	9:45-11:00 10:30-11:45

Parkour	Monthly Tuition	Age	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Lil Ninjas</b> coed Level 1 / White ages 4-6	\$95	4-6	4:00-5:00 5:00-6:00	3:30-4:30 4:00-5:00 4:30-5:30 5:00-6:00	4:00-5:00 5:00-6:00	4:00-5:00 5:00-6:00	4:00-5:00 5:00-6:00	9:00-10:00 10:00-11:00 11:00-12:00
<b>Level 1 White Band</b> Athletic Shoes Req coed	\$95	7+	4:00-5:00 4:30-5:30 5:00-6:00 6:00-7:00	4:00-5:00 4:30-5:30 5:30-6:30	4:00-5:00 5:00-6:00 5:30-6:30	4:00-5:00 4:30-5:30 5:00-6:00 5:30-6:30 6:00-7:00	4:00-5:00 5:00-6:00 6:00-7:00	9:00-10:00 9:30-10:30 10:00-11:00 10:30-11:30 11:00-12:00 12:00-1:00
<b>Level 2 Green Band</b> Athletic Shoes Req coed	\$95	7+	4:00-5:00 4:30-5:30 5:00-6:00 6:00-7:00	4:00-5:00 4:30-5:30 5:00-6:00	4:00-5:00 4:30-5:30 5:00-6:00 5:30-6:30	4:00-5:00 4:30-5:30 5:00-6:00	4:00-5:00 5:00-6:00 6:00-7:00	9:30-10:30 10:00-11:00 11:00-12:00 12:00-1:00
<b>Level 3 Blue Band</b> Athletic Shoes Req coed	\$110	7+	3:00-4:15 4:30-5:45 6:00-7:15	4:00-5:15 5:00-6:15 6:30-7:45	4:00-5:15 5:00-6:15 6:00-7:15	2:45-4:00 4:00-5:15 5:00-6:15 6:00-7:15 6:30-7:45	4:00-5:15 5:30-6:45	11:00-12:15 11:30-12:45
<b>Level 4 Yellow Band</b> Athletic Shoes Req coed	\$130	7+	6:00-7:30	6:30-8:00	5:00-6:30 6:00-7:30	6:00-7:30 6:30-8:00	5:30-7:00	11:30-1:00
<b>Level 5 Red Band</b> Athletic Shoes Req coed	\$130	7+		6:30-8:00	6:00-7:30		5:30-7:00	
<b>Freerunning Blue Band +</b> Athletic Shoes Req coed	\$95	skills req.	7:00-8:00		6:30-7:30			12:00-1:00

Adult	Monthly Tuition	Age	Mon	Tues	Wed	Thurs	Fri	Sat
<b>ADULT Parkour</b>	\$95	16+	4:00-5:00	5:30-6:30 7:00-8:00	5:30-6:30	5:30-6:30	5:00-6:00	10:30-11:30 12:00-1:00
<b>ADULT Tumbling</b>	\$95	16+	7:00-8:00		6:30-7:30	7:00-8:00		

## 2019 UPCOMING EVENTS

- January**  
1/21 Drop N Play
- February**  
2/9 Boys Overnight  
2/18 Drop N Play  
2/23 Girls Sleepover
- March**  
3/11 - 3/15 Fitness Camp  
Parkour Camp  
Lil Ninja Camp
- June**  
6/3 Summer Camp begins

**ages 5 and under**

## KINDER OPEN GYM

**FREE** Kinder Open Gym with SGT membership

**Non-members | \$5** per child / per hour

**HOURS**  
 Tuesday: 12-1 pm  
 Wednesday: 12-1 pm (closed during summer camp)  
 Thursday: 12-1 pm  
 Friday: 12-1 pm

**gymnastics fun with your little one**

**YOUTH**

## FRIDAY NIGHT OPEN GYM

**FRIDAYS | 7 - 10 PM**

**Youth | ages 6-15**     \$25 members  
    \$30 non-members

**GYMNASTICS + PARKOUR**  
**BOTH GYMS OPEN**

## ADULT OPEN GYM

**Tues & Thurs | 8 - 10 PM**

**ages 16+**     \$10 members  
    \$15 non-members

**GYMNASTICS + PARKOUR**  
**BOTH GYMS OPEN**