

PLEASE SEE OTHER SIDE FOR MORE CLASSES

Trampoline/ Tumbling	Monthly Tuition	Age	Mon	Tues	Wed	Thurs	Fri	Sat
Firecrackers coed Trampoline & Tumbling	\$95	3-5	4:00-5:00	10:00-11:00 11:00-12:00	11:00-12:00 3:30-4:30	11:00-12:00 5:00-6:00		10:30-11:30
Lil' Poppers coed trampoline	\$95	3-5	5:00-6:00	11:00-12:00 4:30-5:30	10:00-11:00 4:30-5:30	10:00-11:00 11:00-12:00 4:00-5:00	4:00-5:00 5:00-6:00	9:30-10:30 10:30-11:30 11:30-12:30
Trampoline 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
Tumbling coed Beginning	\$110	6+	6:00-7:15			6:00-7:15		
Tumbling coed Intermediate	\$110	skills req	6:00-7:15	6:45-8:00		6:00-7:15		
Tumbling coed Advanced	\$110	skills req		6:45-8:00		6:00-7:15		
TNT - 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
Lil Ninjas 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
Level 1 White Band 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
Level 2 Green Band 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
Level 3 Blue Band 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
Level 4 Yellow Band 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
Level 5 Red Band Athletic Shoes Req coed	\$130	7+		6:30-8:00	6:00-7:30		5:30-7:00	
Freerunning Blue Band + 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
ADULT Parkour	\$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
ADULT Tumbling	\$95	16+	7:00-8:00		6:30-7:30	7:00-8:00		

2019 UPCOMING EVENTS

February
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**