

Trampoline/ Tumbling	Monthly Tuition	Age	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Trampoline</b> coed	\$95	6+	4:00-5:00 6:00-7:00	6:00-7:00		4:00-5:00	4:00-5:00 6:00-7:00	10:00-11:00 11:00-12:00
<b>Tumbling</b> coed Beginning	\$95	6+	6:00-7:00			6:00-7:00		
<b>Tumbling</b> coed Intermediate	\$95	skills req	6:00-7:00	6:00-7:00		6:00-7:00		
<b>Tumbling</b> coed Advanced	\$95	skills req		6:00-7:00		6:00-7:00		
<b>TNT -</b> coed Trampoline & Tumbling	\$95	6+	4:00-5:00 5:00-6:00	4:00-5:00 5:00-6:00	4:00-5:00 5:00-6:00	5:00-6:00	4:00-5:00 5:00-6:00	10:00-11:00 11:00-12:00

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

Family child must be with adult to participate		Age	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Family Parkour</b>	\$95	4- adult						9:00-10:00

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

PLEASE SEE OTHER SIDE FOR MORE CLASSES

## 2019 UPCOMING EVENTS

### September

9/1 & 9/2 - Closed for Labor Day

### October

10/7 - 10/11 FALL CAMP

10/19 - Halloween Boo Bash

### November

11/2 & 11/3 - Parkour Competition

**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**