

Trampoline/ Tumbling	Monthly Tuition	Age	Mon	Tues	Wed	Thurs	Fri	Sat
Trampoline 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
Tumbling coed Beginning	\$95	6+	6:00-7:00			6:00-7:00		
Tumbling coed Intermediate	\$95	skills req	6:00-7:00	6:00-7:00		6:00-7:00		
Tumbling coed Advanced	\$95	skills req		6:00-7:00		6:00-7:00		
TNT - coed Trampoline & Tumbling	\$95	6+	4:00-5:00 5:00-6:00	4:00-5:00 5:00-6:00	3:00-4:00 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
Level 1 White Band 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
Level 2 Green Band 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
Level 3 Blue Band 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
Level 4 Yellow Band 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
Level 5 Red Band Athletic Shoes Req coed	\$130	7+		6:00-7:30			5:00-6:30	
Freerunning Blue Band + 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
Family Parkour	\$95	4- adult						9:00-10:00

Adult	Monthly Tuition	Age	Mon	Tues	Wed	Thurs	Fri	Sat
ADULT Parkour	\$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
ADULT Tumbling	\$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**