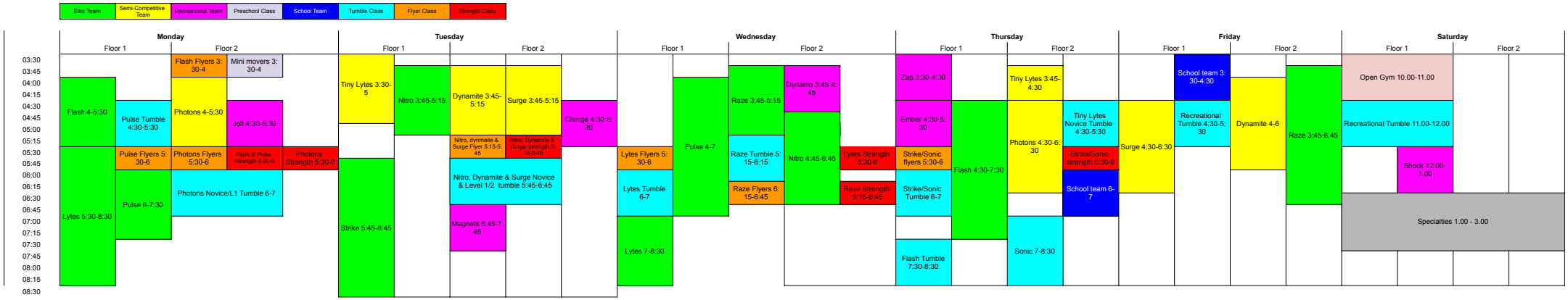
Elite Team
Semi-Competitive Team
Recreational Team
Preschool Class
School Team
Tumble Class
Flyer Class
Strength Class
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Floor 1
Floor 2
03:30
03:45
04:00
04:15
04:30
04:45
05:00
05:15
05:30
05:45
06:00
06:15
06:30
06:45
07:00
07:15
07:30
07:45
08:00
08:15
08:30
Flash 4-5:30
Pulse Tumble 4:30-5:30
Pulse Flyers 5: 30-6
Pulse 6-7:30
Lytes 5:30-8:30
Flash Flyers 3: 30-4
Mini movers 3: 30-4
Photons 4-5:30
Jolt 4:30-5:30
Photons Flyers 5:30-6
Flash & Pulse Strength 5:30-6
Photons Strength 5:30-6
Photons Novice/L1 Tumble 6-7
Tiny Lytes 3:30-5
Nitro 3:45-5:15
Strike 5:45-8.45
Dynamite 3:45-5:15
Surge 3:45-5:15
Nitro, dynmaite & Surge Flyer 5:15-5: 45
Nitro, Dynamite & Surge Strength 5: 15-5:45
Nitro, Dynamite & Surge Novice & Level 1/2 tumble 5:45-6:45
Magnets 6:45-7: 45
Charge 4:30-5: 30
Lytes Flyers 5: 30-6
Lytes Tumble 6-7
Lytes 7-8:30
Pulse 4-7
Raze 3:45-5:15
Raze Tumble 5: 15-6:15
Raze Flyers 6: 15-6:45
Dynamo 3:45-4: 45
Nitro 4:45-6:45
Lytes Strength 5:30-6
Raze Strength 6:15-6:45
Zap 3:30-4:30
Ember 4:30-5: 30
Strike/Sonic flyers 5:30-6
Strike/Sonic Tumble 6-7
Flash Tumble 7:30-8:30
Flash 4:30-7:30
Tiny Lytes 3:45-4:30
Photons 4:30-6: 30
Sonic 7-8:30
Tiny Lytes Novice Tumble 4:30-5:30
Strike/Sonic strength 5:30-6
School team 6-7
Surge 4:30-6:30
School team 3: 30-4:30
Recreational Tumble 4:30-5: 30
Dynamite 4-6
Raze 3:45-6:45
Open Gym 10.00-11.00
Recreational Tumble 11.00-12.00
Shock 12.00-1.00
Specialties 1.00 - 3.00