



# Class Schedule

Updated: October 2011

\* Indicates an Upper Division Class and Requires Written Coach Approval to Register

**This Indicates a Session Class**  
+ Advanced Training Fees

Registration Desk  
(925) 671-7070 ext. 213

Membership & Account Information  
(925) 671-7070 ext. 203

Program/Class	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
<b>Academic Excellence</b>								
Tutoring and Study	6 - 12 Years	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 7:00PM		AE Room 2
	12 - 18 Years	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 7:00Pm		AE Room 1
<b>Boxing</b>								
All Levels	8 - 13 Years	4:00 - 6:00PM	4:00 - 6:00PM	4:00 - 6:00PM	4:00 - 6:00PM	4:00 - 6:00PM	10:00 - 12:00PM	Boxing Gym
All Levels	14-18 Years	6:30 - 8:30PM	6:30 - 8:30PM	6:30 - 8:30PM	6:30 - 8:30PM	6:30 - 8:30PM	12:00 - 2:00PM	Boxing Gym
<b>Cheerleading</b>								
Beginning	6 and Up	6:30 - 7:15PM				3:15 - 3:45PM		Building 2 Carpet
Intermediate	6 and Up	7:15 - 8:00PM						Building 2 Carpet
Sparkle Time	See Instructor	6:30 - 8:00PM						Building 2 Carpet
Sapphires + *	See Instructor				3:45 - 5:00PM	3:45 - 5:00PM		Building 2 Carpet
Crystals + *	See Instructor		5:30 - 7:00PM	5:30 - 7:00PM				Building 2 Carpet
Gems + *	See Instructor		5:00 - 6:30PM		5:00 - 6:30PM			Building 2 Carpet
Diamonds + *	See Instructor		6:45 - 8:30PM		6:45 - 8:30PM		12:00 - 1:00PM	Building 2 Carpet
Team Tumbling * (Level 1-3)	See Instructor						1:00 - 2:00PM (3) 2:00 - 3:00PM (2) 3:00 - 4:00PM (1)	Building 2 Carpet Gymnastics Area Gymnastics Area
<b>Dance</b>								
Magical Movement	3 - 4 Years					9:00 - 9:30AM 11:15 - 11:45AM		Dance Room
Princesses & Pirates	3 - 4 Years					9:45 - 10:15AM		Dance Room
Ballet/Tap Combo	3 - 4 Years					10:30 - 11:00AM		Dance Room
Creative Movement	4 - 6 Years		3:15 - 4:00PM	3:15 - 4:00PM	3:15 - 4:00PM			Dance Room
Boys Dance	4 and Up		4:00 - 4:45PM					Dance Room
Pre-Ballet I	4 - 6 Years		4:45 - 5:30PM			4:45 - 5:30PM		Dance Room
Pre-Ballet II	5 - 7 Years				4:00 - 4:45PM	3:15 - 4:00PM		Dance Room
Ballet I *	7 and Up		5:30 - 6:15PM		4:45 - 5:30PM	4:00 - 4:45PM		Dance Room
Ballet II *	See Instructor		6:15 - 7:15PM	4:00 - 4:45PM				Dance Room
Ballet III *	See Instructor			4:45 - 5:45PM	5:30 - 6:30PM			Dance Room
Ballet IV*	See Instructor			5:45 - 7:15PM	6:30 - 8:00PM			Dance Room
Ballet V + *	See Instructor					5:30 - 7:00PM		Dance Room
Intro to Tap	7 - 10 Years	5:30 - 6:15PM						Dance Room
Beginning Jazz	5 - 6 Years	3:15 - 4:00PM						Dance Room
Beginning/Intermediate Jazz	7 - 10 Years	4:00 - 4:45PM						Dance Room
Intermediate/Advanced Jazz *	10 - 14 Years	4:45 - 5:30PM						Dance Room
Hip-Hop/Jazz	12 - 18 Years	6:15 - 7:30PM						Dance Room
<b>Gymnastics</b>								
Dyno Level	3 - 5 Years	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 1:00 - 1:45 PM 3:30 - 4:15PM	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 1:00 - 1:45 PM 3:30 - 4:15PM	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 1:00 - 1:45 PM 4:30 - 5:15PM	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 1:00 - 1:45 PM 4:30 - 5:15PM	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 3:30 - 4:15PM 5:30 - 6:15PM	9:00 - 9:45 AM 10:00 - 10:45AM	Gymnastic Area
Skill Level	6 and up	2:00 - 2:45 PM 4:30 - 5:15PM 5:30 - 6:15PM	2:00 - 2:45 PM 4:30 - 5:15PM 5:30 - 6:15PM	2:00 - 2:45 PM 4:30 - 5:15PM 5:30 - 6:15PM	2:00 - 2:45 PM 3:30 - 4:15PM 4:30 - 5:15PM 5:30 - 6:15PM 6:30 - 7:15PM	4:30 - 5:15PM 6:30 - 7:15PM	11:00 - 11:45AM	Gymnastic Area
Micro Gymlets + *	See Instructor		3:30 - 4:30PM		3:30 - 4:30PM			Gymnastic Area
Mini Gymlets + *	See Instructor		4:30 - 6:30PM		4:30 - 6:30PM			Gymnastic Area
Gymlets + *	See Instructor	3:30 - 5:30PM		3:30 - 5:30PM			10:00 - 12:15PM	Gymnastic Area
Beg. Development + *	See Instructor			3:30 - 5:30PM				Gymnastic Area
Preteam + *	See Instructor	3:30 - 6:30PM		3:30 - 6:30PM				Gymnastic Area
Level 4 + *	See Instructor		4:00 - 7:00PM		4:00 - 7:00PM	4:00 - 7:15PM		Gymnastic Area

Level 5 + \*

See Instructor

4:00 - 8:00PM

4:00 - 8:00PM

4:00 - 8:00PM

Gymnastic Area

Program/Class	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
<b>Gymnastics (Continued)</b>								
Level 6 + *	See Instructor	4:00 - 8:00PM	4:00 - 8:00PM		4:00 - 8:00PM	4:00 - 8:00PM		Gymnastic Area
Optional Team + *	See Instructor	4:00 - 8:30PM	4:00 - 8:30PM		4:00 - 8:30PM	4:00 - 8:30PM	9:00 - 1:00PM	Gymnastic Area
<b>Judo</b>								
Pre-Judo	4 - 5 Years	4:00 - 4:45PM		4:00 - 4:45PM		4:00 - 4:45PM		Martial Arts Center
Beginning	6 - 11 Years		6:15 - 7:00PM		6:15 - 7:00PM			Martial Arts Center
Intermediate	11 and Up		6:15 - 7:00PM		6:15 - 7:00PM			Martial Arts Center
Competition *	See Instructor		6:15 - 7:45PM	7:00 - 8:00PM	6:15 - 7:45PM	6:15 - 7:30PM		Martial Arts Center
<b>Rhythmic Gymnastics</b>								
Young Talent	5 - 6 Years		3:30 - 4:30PM					Building 2 Carpet
Beginning	6 and Up		4:30 - 5:30PM					Building 2 Carpet
Intermediate	6 and Up			5:30 - 6:30 PM				Building 2 Carpet
Advanced *	See Instructor	3:45 - 5:15PM						Building 2 Carpet
Preteam + *	See Instructor	5:15 - 6:45PM		4:00 - 5:30 PM				Building 2 Carpet
Level 3 + *	See Instructor		3:30 - 5:30 PM		3:30 - 5:30 PM			Martinez
Level 4 + *	See Instructor		3:30 - 6:00 PM		3:30 - 6:00 PM			Martinez
Level 5 + *	See Instructor	3:30 - 6:30 PM		3:30 - 6:00 PM	3:30 - 6:30 PM	3:30 - 6:30 PM *		Martinez
Level 6 + *	See Instructor	3:30 - 6:30 PM	3:30 - 6:30 PM	3:30 - 6:00 PM	3:30 - 6:30 PM	3:30 - 6:30 PM **		Martinez
<b>Sport Specific Conditioning</b>								
Activities Time	8 - 14 Years	3:15 - 4:00 PM		3:15 - 4:00 PM		3:15 - 4:00 PM		Building 1 Mat 1 and 2
Extreme Balance	8 and Up	6:00 - 7:00PM						Building 1 Mat 1 and 2
Slack Line	8 and Up		3:15 - 4:00 PM		3:15 - 4:00 PM			Building 1 Mat 1 and 2
Speed and Agility	8 and Up			4:30 - 5:30PM				Building 1 Mat 1 and 2
Weight Lifting	10 and Up	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM		Weight Room
<b>Taekwondo</b>								
Junior Ninja Turtles	4 - 5 Years	3:30 - 4:00PM	3:30 - 4:00PM	3:30 - 4:00PM	3:30 - 4:00PM	3:30 - 4:00PM		Martial Arts Center
White & Yellow Belt	6 and Up	4:00 - 4:45PM 7:00 - 7:30PM		4:00 - 4:45PM 7:00 - 7:30PM		4:00 - 4:45PM		Martial Arts Center
Yellow, Orange & Purple	6 - 8 Years	4:45 - 5:30PM	5:30 - 6:15PM	4:45 - 5:30PM 6:15 - 7:00PM	5:30 - 6:15PM	4:45 - 5:30PM		Martial Arts Center
	9 and Up	5:30 - 6:15PM	4:00 - 4:45PM	5:30 - 6:15PM	4:00 - 4:45PM	5:30 - 6:15PM		
Green Belts and Up		4:45 - 5:30PM	5:30 - 6:15PM	4:45 - 5:30PM 6:15 - 7:00PM	5:30 - 6:15PM	4:45 - 5:30PM		Martial Arts Center
	9 and Up	5:30 - 6:15PM	4:00 - 4:45PM	5:30 - 6:15PM	4:00 - 4:45PM	5:30 - 6:15PM		
Black & Danbo Belt	See Instructor	6:15 - 7:00PM						Martial Arts Center
Demo Team *	See Instructor		4:45 - 5:30PM					Martial Arts Center
Olympic Sparring Team	See Instructor				4:45 - 5:30PM			Martial Arts Center
All Color Belts *	See Instructor	6:15 - 7:00PM						Martial Arts Center
<b>Wrestling</b>								
K-5 Beginning	Peewee (5-6)	3:30 - 4:15PM	3:30 - 4:15PM	3:30 - 4:15PM	3:30 - 4:15PM	3:30 - 4:15PM		Wrestling Area
	Bantam/Midget (7-10)	3:30 - 4:15 PM	3:30 - 4:15PM	3:30 - 4:15PM	3:30 - 4:15PM	3:30 - 4:15PM		
	Peewee/Bantam/Midget (5-10)	4:15 - 5:00PM	4:15 - 5:00PM	4:15 - 5:00PM	4:15 - 5:00PM	4:15 - 5:00PM	9:15 - 10:00AM	
K-5 Intermediate *	See Instructor	4:00 - 5:00PM	4:00 - 5:00PM	4:00 - 5:00PM	4:00 - 5:00PM	4:00 - 5:00PM		Wrestling Area
						4:00 - 5:00PM		
K-5 Advanced *	See Instructor	5:00 - 6:30 PM		5:00 - 6:30PM		5:00 - 6:30PM		Wrestling Area
Middle School Level 1	Novice/School Boy (10 - 14)		5:00 - 6:30PM		5:00 - 6:30PM	5:00 - 6:30PM		Wrestling Area
						5:00 - 6:30PM		
Middle School Level 2 *	See Instructor	6:00 - 8:00PM		5:00 - 7:00PM		5:00 - 7:00PM		Wrestling Area
HS Frosh/JV	Grades 9-12	5:00 - 6:30PM			5:00 - 6:30PM			Wrestling Area
			5:00 - 6:30PM		5:00 - 6:30PM			
HS Varsity	Grades 9-12 (See Instructor)		6:00 - 8:00PM	6:00 - 8:00PM	6:00 - 8:00PM	6:00 - 8:00PM		Wrestling Area
						6:00 - 8:00PM		