



PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DANCE (continued)</b>						
	6+ Yrs					3:30- 4:15 PM
Ballet	10+ Yrs		5:30 - 6:15 PM			
Dance Development	4-5 Yrs		12:30 -1:00 PM		12:30 -1:00 PM	
Hip- Hop						
Hip-Hop	5-8 Yrs	4:30 - 5:15 PM			4:30 - 5:15 PM	
					6:30 - 7: 15 PM	
	6+ Yrs			4:30 - 5:15 PM		4:30 - 5:15 PM
	9+Yrs	5:30 - 6:15 PM		5:30 - 6:15 PM	5:30 - 6:15 PM	
Jazz	4-5 Yrs		1:15 - 1:45 PM		1:15 - 1:45 PM	
	6+ Yrs		3:30 - 4:15 PM		3:30 - 4:15 PM	
Music & Movement	3-4 Yrs			11:30 - 12:00 PM		11:30 - 12:00 PM
Pre-Ballet	3-5 Yrs	12:30 -1:00 PM		12:30 -1:00 PM		12:30 - 1:00 PM
				2:30 - 3:15 PM		
Tap	3-5 Yrs	1:15 - 1:45 PM		1:15 - 1:45 PM		
	6+ Yrs		4:30 - 5:15 PM			
<b>FLAG (Students may not register for both classes)</b>						
Bigs	12+ Yrs	4:30 - 5:15 PM		4:30 - 5:15 PM		
Littles	8-11 Yrs		4:30 - 5:15 PM		4:30 - 5:15 PM	
<b>GYMNASTICS 1x per week</b>						
Homeschool	6+ Yrs		2:30 - 3:15 PM			
Teen Only	13+ Yrs		6:30 - 7:15 PM			
Tiny Tots	3 Yrs				12:45 -1:15 PM	
				3:30 - 4:00 PM		1:30 - 2:00 PM
Tumble Tots	4-5 Yrs			12:00 -12:30 PM	12:00 -12:30 PM	12:00 -12:30 PM
				12:45 -1:15 PM		12:45 -1:15 PM
				1:30 -2:00 PM		1:30 -2:00 PM
		3:30 - 4:15 PM			3:30 -4:15 PM	3:30 -4:15 PM
		4:30 -5:15 PM	4:30 -5:15 PM	4:30 -5:15 PM	4:30 -5:15 PM	4:30 -5:15 PM
School Age	6 and up		5:30 -6:15 PM	5:30 -6:15 PM	5:30 -6:15 PM	
		3:30 - 4:15 PM	3:30- 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM
		4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM
		5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM
<b>OPEN GYM**</b> (weekly sign ups)	6+ Yrs	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM
				2:30- 3:15 PM		

PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>JUDO</b>							
	7-10 Yrs			7:00 - 8:30 PM		7:00 - 8:30 PM	
	11+ Yrs		7:30 - 9:00 PM		7:30 - 9:00 PM		
<b>JUDO/TAEKWONDO</b>							
Hybrid Martial Arts	10+ Yrs*			5:30 - 6:15 PM			
<b>SOCCER</b>							
	3 - 4 yrs 1x per week		1:05 - 1:35 PM		1:05 - 1:35 PM		
<b>SOCCER</b>	5 - 7 yrs 3x per week	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM		
		5:30-6:15 PM		5:30-6:15 PM			
	8 - 10 yrs 3x per week	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM	3:30-4:15 PM		
		5:30-6:15 PM		5:30-6:15 PM			
	11 - 12 yrs		5:30-7:00 PM		5:30-7:00 PM		
	13+ yrs	6:30-8:00 PM		6:30-8:00 PM			
	Girls Only	8 - 12 yrs			5:30-6:15 PM		
<b>PROGRAM/CLASS</b>							
<b>AGES</b>							
<b>MONDAY</b>							
<b>TUESDAY</b>							
<b>WEDNESDAY</b>							
<b>THURSDAY</b>							
<b>FRIDAY</b>							
Goalkeeping (gloves required)	8 + yrs	4:30-5:15 PM					
Dribble & Control	5-10 yrs				4:30-5:15 PM		
	11+ yrs				4:30-5:15 PM		
Intro to Soccer *	5-10 yrs		4:30-5:15 PM				
	11+ yrs		4:30-5:15 PM				
Open Field	5 +					3:00 - 5:00 PM	
Scoring & Crossing	5-10 yrs			4:30-5:15 PM			
	11+ Yrs			4:30-5:15 PM			
<b>STRENGTH &amp; CONDITIONING</b>							
Strength & Conditioning	8-12 Yrs	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM		
Strength & Conditioning	13+ Yrs	4:30 - 5:15 PM		4:30 - 5:15 PM			
<b>TAEKWONDO</b>							
White Belts	6+ Years	3:30 - 4:15 PM		3:30 - 4:15 PM		3:30 - 4:15 PM	
				6:30 - 7:15 PM		6:30 - 7:15 PM	
Color Belt				3:30 - 4:15 PM		3:30 - 4:15 PM	
			4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM
			5:30 - 6:15 PM	5:30 - 6:15 PM		5:30 - 6:15 PM	5:30 - 6:15 PM
			6:30 - 7:15 PM		6:30 - 7:15 PM		6:30 - 7:15 PM

PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WRESTLING</b>						
White Shirt	5-6 Yrs 1x per week	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM
White Shirt	(7-10 Yrs) 2x per week	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM
		4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM
Yellow Shirt *	(7-10 Yrs) 2x per week	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM
Lt. Blue Shirt (K5 Int)	must sign up for both days		5:30 - 7:00 PM		5:30 - 7:00 PM	
Red Shirt*	added by instructor	6:00 - 7:15 PM		6:00 - 7:15 PM		
Royal Blue & MS L2 (Navy)		5:30 - 7:30 PM		5:30 - 7:30 PM		
MS L1 (White)			5:30 - 7:00 PM		5:30 - 7:00 PM	
Women's Program	14+ Yrs	6:00 - 7:30 pm		6:00 - 7:30 pm	6:00 - 7:30 pm	
Elite*		4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	
High School (Black)		6:00 - 7:30 pm		6:00 pm - 7:30 pm	6:00 - 7:30 pm	