

| Classes | Ages | Schedules |
|---|-----------------------------|--|
| Parent & Baby Gymnastics | 12 months-2 years 11 months | Sunday 9:15 AM-9:45 AM |
| Parent & Toddler Gymnastics | 21 months-2 years 11 months | Saturday 9:00 AM-9:30 AM |
| Pre-School Gymnastics with Parents | 3-5 years | Saturday 9:00 AM-9:45 AM Sundays 9:00 AM-9:45 AM |
| Pre-School Gymnastics | 3-4 years | Monday 4:00 PM-5:00 PM Monday 5:00 PM-6:00 PM Tuesday 4:00 PM-5:00 PM Tuesday 5:00 PM-6:00 PM Wednesday 4:00 PM-5:00 PM Wednesday 5:00 PM-6:00 PM Thursday 4:00 PM-5:00 PM Thursday 5:00 PM-6:00 PM Friday 4:00 PM-5:00 PM Friday 5:00 PM-6:00 PM Saturday 12:00 PM-1:00 PM Saturday 12:00 PM-2:00 PM Saturday 1:00 PM-1:00 PM Sunday 10:00 AM-11:00 AM Sunday 10:00 AM-12:00 PM Sunday 11:00 AM-12:00 PM |
| General Gymnastics 3-7 years | 3-7 years | Saturday 10:00 AM-12:00 PM |
| General Gymnastics 5-7 years | 5-7 years | Friday 4:30 PM-6:30 PM Saturday 12:00 PM-2:00 PM Sunday 10:00 AM-12:00 PM |
| General Gymnastics 8-16 years | 8-16 years | Monday 4:45 PM-6:45 PM Tuesday 5:00 PM-6:00 PM Thursday 5:00 PM-6:00 PM Saturday 10:00 AM-12:00 PM Sunday 10:00 AM-12:00 PM |
| Tumbling and Handspring | 5-16 years | Wednesday 6:00 PM-7:00 PM |
| Spider-Man Elite Class | 3-6 years | Monday 4:00 PM-5:00 PM Tuesday 4:00 PM-5:00 PM Wednesday 4:00 PM-5:00 PM Thursday 4:00 PM-5:00 PM Friday 4:00 PM-5:00 PM |
| Competitive Squads | 5-16 years | Saturday 2:00 PM-6:00 PM |
| Elite Gymnastics Development | 3-11 years | Saturday 2:00 PM-6:00 PM Saturday 2:00 PM-4:00 PM Saturday 4:00 PM-6:00 PM Sunday 12:00 PM - 4:00 PM Sunday 12:00 PM - 2:00 PM Sunday 2:00 PM - 4:00 PM |
| Private Gymnastics | Starting at 3 years | Saturday 8:00 AM-9:00 AM Sunday 8:00 AM-9:00 AM |