



Winter Sessional Classes 2024

JAN 8TH - MAR 15TH 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Active Start Programs							
Parent & Tot (18 mos - 3 yrs)	9:30am-10:15am 10:15am-11:00am 11:15am-12:00pm	9:15am-10:00am 10:00am-10:45am	9:15am-10:00am 10:00am-10:45am	9:30am-10:15am 10:15am-11:00am	9:15am-10:00am 10:00am-10:45am	8:35am-9:20am 9:20am-10:05am 10:10am-10:55am	
New 3's (3 - 4 yrs)	10:15am-11:00am 11:15am-12:00pm	9:15am-10:00am 10:00am-10:45am 11:00am-11:45am	9:15am-10:00am 10:00am-10:45am 1:00pm-1:45pm	9:30am-10:15am 10:15am-11:00am	9:15am-10:00am 11:00am-11:45am	8:35am-9:20am 9:20am-10:05am 10:10am-10:55am	8:55am-9:40am 9:45am-10:30am
Fantastic 4's (4 - 5 yrs)	10:30am-11:30am 1:00pm-2:00pm	9:15am-10:15am 9:30am-10:30am 10:30am-11:30am 11:30am-12:30pm	1:30pm-2:30pm	9:30am-10:30am 11:15am-12:15pm	10:00am-11:00am	8:30am-9:30am 9:35am-10:35am 10:05am-11:05am	9:00am-10:00am 10:00am-11:00am 10:45am-11:45am
Fundamentals Programs							
5/6 Fundamentals		3:30pm-5:00pm	3:30pm-5:00pm 3:45pm-5:15pm 5:30pm-7:00pm			11:45am-1:15pm 1:30pm-3:00pm	10:15am-11:45am 11:00am-12:30pm
Girls Fundamentals (7 - 9 yrs)		5:00pm-6:30pm	3:30pm-5:00pm 5:00pm-6:30pm 5:30-7:00pm 6:45-8:15pm	5:00-6:30pm	3:30-5:00pm 6:45pm-8:15pm	11:45am-1:15pm 1:15pm-2:45pm 1:30pm-3:00pm	12:45pm-2:15pm 2:30pm-4:00pm
Boys Fundamentals (7 - 9 yrs)			3:45pm-5:15pm 4:30pm-6:00pm 5:30pm-7:00pm			11:30-1:00pm 11:45am-1:15pm	12:45pm-2:15pm
Girls Fundamentals (10 - 12 yrs)		6:45pm-8:15pm	3:30pm-5:00pm 6:45pm-8:15pm		5:00pm-6:30pm 6:45pm-8:15pm	1:15pm-2:45pm	2:30pm-4:00pm
Boys Fundamentals (10 - 12 yrs)			7:00pm-8:30pm				
Specialty Programs							
Homelearners (6-12 yrs)					1:00pm-2:30pm		
Tramp & Tumbling		7:30pm-8:30pm (Tramp & Acro)	7:00-8:30pm 9-16 yrs	7:00pm-8:30pm 9-16 yrs			
Ninja Class (9 - 12 yrs)			6:30pm-7:30pm				
Ninja Xtreme (12-16 yrs)			7:30pm-9:00pm				
Acro (7-10 yrs)							3:00pm-4:00pm
Adult Class 50+			9:15am-10:00am Strength & Conditioning				
Adult Class 18+		8:30pm-10:00pm (Adult Drop In)					7:15pm-8:45pm Adult Challenge Class

We reserve the right to change or modify classes as needed.