



Fall Sessional Classes 2024

SEPTEMBER 7TH - DECEMBER 18th *classes are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Active Start Programs

Parent & Tot (18 mos - 3 yrs)	9:30am-10:20am 10:30am-11:20am	9:10am-10:00am 10:00am-10:50am	9:10am-10:00am 10:00am-10:50am	9:30am-10:20am 10:20am-11:10am	9:30am-10:20am 10:30am-11:20am	8:30am-9:20am 9:20am-10:10am 10:20am-11:10am	8:40am-9:30am 9:30am-10:20am
New 3's (3 - 4 yrs)	10:30am-11:20am 11:30am-12:20pm	10:00am-10:50am 11:00am-11:50am	9:10am-10:00am 10:00am-10:50am 1:00pm-1:50pm	9:30am-10:20am 1:00pm-1:50pm	9:30am-10:20am 10:20am-11:10am	8:30am-9:20am 9:20am-10:10am 10:20am-11:10am 11:20am-12:10pm	8:30am-9:20am 9:20am-10:10am 10:20am-11:10am
Fantastic 4's (4 - 5 yrs)	11:30am-12:30pm	11:30am-12:30pm	1:30pm-2:30pm	9:30am-10:30am 11:20am-12:20pm	11:20am-12:20am	8:30am-9:30am 9:30am-10:30am 10:40am-11:40am 11:20am-12:20pm	8:30am-9:30am 9:30am-10:30am 10:40am-11:40am
Homeschool Program (6-12yrs)			9:40am-1:40pm				

Fundamentals Programs

5/6 Fundamentals			2:10pm-3:40pm 3:50pm-5:20pm 5:20pm-6:50pm			11:40am-1:10pm 12:50pm-2:20pm	9:30am-11:00am
Girls Fundamentals (7 - 9 yrs)		5:00pm-6:30pm	3:50pm-5:20pm 5:20pm-6:50pm 6:50pm-8:20pm	5:00pm-6:30pm		12:50pm-2:20pm 1:20pm-2:50pm	
Boys Fundamentals (7 - 9 yrs)			3:50pm-5:20pm 5:20pm-6:50pm			10:10am-11:410am	11:00am-12:30pm
Girls Fundamentals (10 - 12 yrs)			5:20pm-6:50pm 6:50pm-8:20pm			2:20pm-3:50pm	
Boys Fundamentals (10 - 12 yrs)			7:10pm-8:40pm				

Specialty Programs

Homelearners Class (6-12 yrs)	1:00pm-2:30pm				1:00pm-2:30pm		
Tramp & Tumbling		6:40pm-8:10pm		7:30pm-9:00pm			
Ninja Class (9 - 12 yrs)			6:20pm-7:20pm				
Ninja Xtreme (12-16 yrs)			7:30pm-9:00pm				
Acro (7-10 yrs)							1:30pm-2:30pm
Adult Challenge Class 18+							7:00pm-8:30pm
Adult Drop In 18+		8:30pm-10:00pm					