

# ★ Gymnastics, Tumbling & Ninja-Fit Schedule ★

★ **Fit Club Gymnastics - 386-774-4348 - FitClubGymnastics.com** ★

2023 FITCLUB CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>TOT OPEN PLAY – 9 MONTHS THRU 5 YRS.</b> Come join us for an hour of fun and social time with other children and their parent or other adult.</p>					11:30 ~ 12:30 TOT OPEN PLAY	
<p><b>PRE-SCHOOL GYMNASTICS – COED- 3-5 yrs.</b> Preschoolers have fun in a structured group, learning basic gymnastics skills that build self-confidence, increase coordination &amp; body awareness through the use of gym equipment &amp; stimulating obstacle courses.</p>	3:30-4:20 ~ 3-4 yrs. 5:30-6:25 ~ 4-5 yrs.	3:30-4:20 ~ 3-5 yrs. 4:30-5:25 ~ 4-5 yrs. 5:30-6:20 ~ 4-5 yrs.	3:30-4:25 ~ 3-5 yrs. 4:30-5:25 ~ 3-5 yrs. 5:30-6:25 ~ 3-4 yrs.	3:30-4:25 ~ 3-4 yrs. 4:30-5:25 ~ 4-5 yrs. 5:30-6:25 ~ 3-4 yrs.	5:30-6:25 ~ 4-5 yrs.	
<p><b>GIRL'S GYMNASTICS CLASS 6-12 yrs.</b> Children in this program will begin with the basic skills of gymnastics and progress in their skills by using the four Olympic events: bars, beam, vault and floor. Classes are taught in progressions with one skill building upon the next. They will be moved to different groups within their class as they progress.</p>	4:30-5:25 ~ 6-12 yrs. 5:30-6:25 ~ 6-9 yrs. 6:30-7:25 ~ 6-12 yrs.	4:30-5:25 ~ 6-12 yrs. 5:30-6:25 ~ 6-9 yrs. 5:30-6:25 ~ 9-12 yrs.	5:30-6:25 ~ 6-9 yrs. 6:30-7:25 ~ 6-12 yrs.	5:30-6:25 ~ 6-12 yrs. 5:30-6:25 ~ 5-7 yrs.	5:30-6:25 ~ 6-9 yrs. 6:30-7:25 ~ 9-12 yrs.	
<p><b>BOY'S GYMNASTICS 6-12 yrs.</b> Classes introduce boys to their six Olympic events: pommel horse, parallel bars, floor exercise, rings, high bar and vault. These classes are taught in progressions with one skill building upon the next.</p>	5:30-6:25 ~ 6-12 yrs.					
<p><b>TUMBLING</b> These classes focus on developing proper tumbling techniques using gym, rod floor, tumble-track &amp; trampoline. Perfect for cheerleaders &amp; dancers</p>	5:30-6:25 ~ 6-12 yrs.		5:30-6:25 ~ 6-12 yrs.			
<p><b>NINJA FIT</b> Starting with boys only, the Ninja Zone is an all new discipline inspired from Obstacle Course Training, Gymnastics, Martial Arts, &amp; Freestyle Movement.</p>	4:30-5:25 ~ 8-12 yrs.	5:30-6:25 ~ 8-12 yrs.	5:30-6:25 ~ 5-7yrs		4:30-5:25 ~ 6-10 yrs.	
<p><b>Members Only Open Gym</b></p>					7:30 ~ 8:45 \$6.00	