

# METROPLEX GYMNASTICS

## Gymnastics, Tumbling & Ninja Schedule

REVISED AUGUST 7th

| Class Time | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|------------|--|---|---|--|--|---|
| 9:00       | Green Preschool Gym -Mindy<br>Yellow Preschool Gym-Lacey   | Red Tiny Tots- Mindy<br>Green Preschool Gym-Sabrina<br>Yellow Preschool Gym-Lacey   | Green Preschool Gym -Mindy<br>Yellow Preschool Gym- Lacey   | Red Tiny Tots-Mindy<br>Green Preschool Gym - Lacey<br>Yellow Preschool Gym-Sabrina   |  | 9:00<br>Green Preschool Gym -Mindy<br>Yellow Preschool Gym-Lexi<br>CO-ED BRONZE GYM - Lacey<br>GIRLS SILVER - Brad<br>Beginner Tumbling - Louis |
| 10:00      | Red Tiny Tots - Mindy<br>Green Preschool Gym - Lacey   | Pre-school<br>Open Gym<br>10am - NOON<br>TUESDAYS & FRIDAY  | Red Tiny Tots- Mindy<br>Yellow Preschool Gym-Lacey  | Red Tiny Tots-Sabrina<br>Green Preschool Gym - Mindy<br>Yellow Preschool Gym-Lacey   | Pre-school<br>Open Gym<br>10am - NOON<br>TUESDAYS & FRIDAY | 10:00<br>Red Tiny Tots-Mindy<br>Green Preschool Gym -Lexi<br>Yellow Preschool Gym-Lacey<br>CO-ED BRONZE GYM - Louis<br>Back Handspring - Brad   |
| 11:00      | Green Preschool Gym - Mindy<br>Yellow Preschool Gym-Lacey  | AGES 0 - 5 YEARS  | Green Preschool Gym - Mindy<br>Yellow Preschool Gym-Lacey   | Green Preschool Gym - Mindy<br>Yellow Preschool Gym-Sabrina  | AGES 0 - 5 YEARS   | 11:00<br>Red Tiny Tots-Mindy<br>Green Preschool Gym -Lexi<br>Yellow Preschool Gym-Lacey<br>GIRLS SILVER - Brad<br>JR.Ninja Gym - Louis          |
| 2:00       |  |   | HOME SCHOOL<br>CO ED GYM & NINJA 3-5 YRS<br>CO ED GYM & NINJA 6 YRS +<br>COACH: MINDY, BRAD & DAREN   |  |  |   |
| 3:45       | CO-ED BRONZE GYM - Grace<br>GIRLS SILVER - Lousi<br>JR. Ninja Gym - Brad<br>Kinder CO-ED Ninja Gym-Lacey   | CO-ED BRONZE GYM - Lacey<br>GIRLS SILVER - Grace<br>GIRLS GOLD - Brad<br>JR.Ninja Gym - Connor<br>Back Handspring - Louis                               | CO-ED BRONZE GYM - Lexi<br>GIRLS SILVER - Viro<br>JR.Ninja Gym - Lacey<br>Back Handspring - Collin  | GIRLS SILVER - Lexi<br>JR.Ninja Gym -Connor<br>Beginner Tumbling - Lacey<br>Back Handspring - Brad                               |  |   |
| 4:00       | Yellow Preschool Gym- Lexi   | Green Preschool Gym -Mindy<br>Yellow Preschool Gym- Lexi  | Green Preschool Gym -Mindy  | Green Preschool Gym -Mindy   |  |   |
| 4:45       | CO-ED BRONZE GYM - Viro<br>GIRLS GOLD - Brad<br>JR.Ninja Gym - Lacey<br>Beginner Tumbling- Grace<br>Back Handspring - Louis  | CO-ED BRONZE GYM - Grace<br>GIRLS SILVER - Lacey<br>GIRLS GOLD - Louis<br>Beginner Tumbling-Sabrina<br>JR. Ninja Gym - Connor<br>Back Handspring - Brad | GIRLS SILVER - Colin<br>GIRLS GOLD - Lacey<br>Beginner Tumbling- Viro   | CO-ED BRONZE GYM - Lexi<br>GIRLS SILVER - Lacey<br>JR.Ninja Gym - Connor<br>Beginner Tumbling- Sabrina<br>Back Handspring - Brad |  |   |
| 5:00       | Red Tiny Tots- Mindy<br>Yellow Preschool Gym- Lexi   | Green Preschool Gym -Lexi<br>Yellow Preschool Gym- Mindy  | Green Preschool Gym -Lexi<br>Yellow Preschool Gym- Mindy  | Green Preschool Gym -Mindy<br>Yellow Preschool Gym- Lexi   |  |   |
| 5:45       | CO-ED BRONZE GYM - Lacey<br>GIRLS SILVER - Grace<br>Beginner Tumbling- Viro<br>JR Ninja Gym - Louis<br>Back Handspring - Brad  | CO-ED BRONZE GYM - Lacey<br>GIRLS SILVER - Louis<br>JR. Ninja Gym - Connor<br>Back Handspring - Brad  | CO-ED BRONZE GYM - Viro<br>GIRLS SILVER - Lacey<br>GIRLS GOLD - Brad<br>Back Handspring - Collin<br>VARSITY TUMBLING<br>2 HOURS<br>COACH - DARREN | CO-ED BRONZE GYM -Sabrina<br>GIRLS SILVER - Lacey<br>GIRLS GOLD - Grace<br>JR.Ninja Gym - Connor<br>Back Handspring - Brad       |  |   |
| 6:00       | Green Preschool Gym -Lexi<br>Yellow Preschool Gym- Mindy   | Red Tiny Tots- Mindy<br>Green Preschool Gym -Sabrina<br>Yellow Preschool Gym- Lexi  | Red Tiny Tots-Mindy<br>Green Preschool Gym -Lexi  | Green Preschool Gym -Lexi<br>Yellow Preschool Gym- Mindy   |  |   |
| 6:45       | GIRLS SILVER - Grace<br>GIRLS GOLD - Viro<br>SR. Ninja Gym - Louis<br>Beginner Tumbling- Lexi<br>Back Handspring - Brad  | GIRLS SILVER - Lexi<br>GIRLS GOLD - Sabrina<br>Advanced Tumbling - Brad<br>SR, Ninja Gym - Connor<br>Back Handspring - Louis                            | CO-ED BRONZE GYM- Lexi<br>GIRLS SILVER - Viro<br>SR. Ninja Gym - Brad<br>Advanced Tumbling - Collin   | GIRLS SILVER - Grace<br>GIRLS GOLD - Brad<br>JR. Ninja Gym -Connor<br>Beginner Tumbling- Lexi<br>Back Handspring - Sabrina       |  |   |
| 7:45       | <b>OPEN TUMBLING &amp; CHEER POWER HOUR</b><br><b>*** GREAT PRICE***</b> <b>***BEST DEAL IN TOWN***</b><br>Monday - Thursday Come as often as you like for just \$87 per month<br>Coaches: Brad Lavvorn, Collin & Darren McCoy |   |   |  |  |   |

| PRESCHOOL GYMNASTICS             |                              |
|----------------------------------|------------------------------|
| Red TINY TOTS.....               | CO-ED 12 months - 35 months  |
| Green Preschool Gym .....        | CO-ED 3 - 4 YRS              |
| Yellow Preschool Gym .....       | 4 - 5 year olds boys & girls |
| SCHOOL AGE GYMNASTICS            |                              |
| BRONZE Gymnastics.....           | CO-ED 5 - 7 YRS              |
| SILVER Gymnastics.....           | GIRLS 5 - 10 YRS             |
| GOLD Gymnastics .....            | GIRLS 6 YRS & UP             |
| TUMBLING                         |                              |
| BEGINNER TUMBLING.....           | CO-ED 5 - 8 YRS              |
| BACK HANDSPRING.....             | CO-ED 6 YRS & UP             |
| ADVANCED TUMBLING.....           | CO-ED 7 YRS & UP             |
| VARSITY TUMBLING.....            | CO-ED 7 YRS & UP             |
| OPEN TUMBLING & CHEER POWER HOUR |                              |
| CO-ED 10 YRS & OLDER             |                              |
| NINJA GYM                        |                              |
| KINDER NINJA.....                | CO-ED 5 - 7 YRS              |
| JR NINA.....                     | CO-ED 6 - 10 YRS             |
| SR NINJA.....                    | CO-ED 9 YRS & OLDER          |