

## Spring 2019

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Preschool Gymnastics</b>							
Rollie Pollies (6 mos.)	10:15 Ashley					9:00 Britani	
Baby Bees (walking-2)	5:15 Ashley	10:45 Carrie 6:00 Alissa		9:30 Ashley			
Caterpillars (2-3 yr.)	9:30 Ashley 6:00 Ashley	11:30 Carrie 5:30 Ashley 6:45 Alissa	11:00 Tish 4:45 Ashley	5:15 Ashley		10:00 Alissa	3:30 Sammi
Butterflies (3 yr. potty trained)	11:00 Ashley 4:30 Ashley 5:45 Alissa	11:45 Ashley 4:30 Alissa 5:00 Amy 5:15 Alissa 6:30 Amy	10:15 Tish 4:15 Alissa 5:45 Trinity 6:15 Ashley	10:15 Ashley 4:00 Alissa 4:45 Alissa 5:30 Alissa 6:00 Ashley	11:00 Ashley 4:45 Maddy	10:45 Alissa 12:30 Alissa	2:45 Sammi
Grasshoppers (4)	4:15 Alissa 5:00 Alissa 6:30 Alissa	11:00 Ashley 4:45 Ashley 5:45 Amy 6:15 Ashley	9:30 Tish 4:00 Ashley 5:00 Alissa 5:30 Ashley 6:30 Trinity	11:00 Ashley 2:30 Ashley 4:30 Ashley 5:45 Amy 6:15 Alissa	11:45 Ashley 5:30 Maddy	9:15 Alissa 11:30 Alissa	2:00 Sammi
Fireflies (invite only)				6:30 Amy			
Jumping Bees (TNT)	11:00 Andy			1:00 Tristan			
Preschool Rhythmic (3-4)			2:15 Hyejin				
<b>Girls Recreational Gymnastics</b>							
Little Dolls (5-6 yrs.)	9:30 Tish 5:15 Keith 6:00 Colleen 6:45 Gabe	10:30 Wes 1:00 Stan 5:00 Emma 5:30 Keith	9:30 Wes 1:00 Stan 4:30 Colleen	4:45 Amy 5:45 Jen 6:00 Emma	6:30 Maddy	9:00 Tish 1:45 Keith	1:00 Tish
Level 1	10:30 Tish 4:00 Tish 5:00 Colleen 6:15 Keith	4:45 Jen 6:00 Emma 6:30 Sidney	4:00 Kayla 5:00 Kayla 6:00 Kayla 7:15 Alice	4:45 Jen 5:30 Wes 7:15 Kayla	4:30 Tish 5:30 Tish 6:30 Tish	9:00 Kayla 11:00 Kayla 12:45 Keith	4:30 Keith
Level 2	4:45 Gabe 5:30 Wes 6:30 Anne	4:30 Alice 6:15 Jen 7:00 Emma	5:00 Jen 6:30 Ciera 7:00 Keith	4:30 Linsey 6:45 Jen 7:30 Emma	5:30 TBA 6:00 Keith	10:00 Kayla 12:00 Kayla	2:00 Carrie
Level 3 (70 min)	5:00 Tish 7:15 Keith	4:00 Carrie 6:30 Kayla	4:30 Alice 7:00 Carrie	6:00 Kayla		12:15 Tish	
Level 4 (90 min)	5:00 Kayla	7:30 Eileen	5:45 Alice	4:30 Kayla		1:30 Tish	
Level 5 (120 min)	6:30 Kayla	5:15 Carrie					
Girls HUGS				7:30 Gabe			
<b>Rhythmic Gymnastics</b>							
Preschool Rhythmic (3-4)			2:15 Hyejin				
Level 1 (5-7 yrs)	4:30 Anne		6:30 Grace	4:30 Anne 5:30 Anne			
Level 2 (8 yrs +)	5:30 Anne	7:30 Hyejin					
Level 3 (70 Min)	7:00 Grace						
Rhythmic HUGS			7:30 Grace				

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boys Recreational Gymnastics</b>							
Little Dudes (5-6 yrs.)		5:45 Akiva	10:30 Wes	5:30 Gabe	6:30 Konnor	9:00 Akiva	
Level 1	5:45 Gabe	6:45 Akiva	4:30 Gabe 6:30 Gabe	6:30 Gabe	4:30 Konnor	12:15 Akiva	
Level 2	7:30 Akiva	7:45 Akiva	5:30 Gabe	4:30 Gabe	5:30 Konnor	10:00 Akiva	
Level 3 (70 min)	7:00 Neil	4:30 Akiva	7:30 Akiva	7:30 Akiva		11:00 Akiva	
Level 4 (90 min)	6:30 Wes		7:00 Neil	7:00 Neil			
HUGS			7:30 Gabe				

<b>Trampoline &amp; Tumbling</b>							
Jumping Bees (3- 4 yrs.)	11:00 Andy			1:00 Tristan			
Little Jumpers (5-6 yrs.)	10:00 Andy		5:30 Amira	1:45 Tristan			
TNT Level 1	4:30 Connor	4:30 Sidney	7:30 Amira	4:30 Amira	4:30 Tarynn	9:00 Jamie	
TNT Level 2	7:30 Connor	7:30 Sidney	4:30 Tristan		5:30 Tarynn		
TNT Level 3 (70 Min.)		7:30 Tristan				12:15 Wes	
HUGS (sp. needs)			4:30 Trinity			12:00 Trinity	
Trampoline Only				7:30 Tristan			
Tumble Level 1		5:30 Sidney	6:30 Amira	5:30 Amira			
Tumble Level 2	5:30 Connor	6:30 Wes			6:30 Tarynn	10:00 Jamie	
Tumble Level 3	4:30 Wes 6:30 Connor			6:30 Wes		11:00 Wes	
Tumble Level 4	8:00 Wes				6:00 Wes		
Tumble Level 5				7:30 Wes			
Tumble for Dance		7:30 Wes			5:00 Wes		
Tumble Tech					4:00 Wes		

**Martial Arts-Ju Jitsu and Tae Kwon Do**

<u>Ju Jitsu</u>	<u>Tae Kwon Do</u>
Ju Jitsu (Ages 4-7)- Tuesday, Thursday, Sunday 6:00-6:30	Small Dragons (Ages 3-6): Monday & Wednesday 6:00-6:30
Ju Jitsu (Ages 8-12)- Tuesday, Thursday, Sunday 6:30-7:5	Junior Dragons (Ages 7-13): Monday and Wednesday 6:30-7:15
Ju Jitsu (Ages 13+)- Tuesday, Thursday, Sunday 7:15-8:15	Teen/Adult (Ages 13+): Monday and Wednesday 7:15-8:15

\*\* For the most up to date class availability and pricing, please see our website

[www.integritygym.com](http://www.integritygym.com) \*\*

