Mommy & Me (Ages 0-3)

Wednesday
2:30pm-3:15pm - Coach Nic

Friday
2:30pm-3:15pm - Coach Nic

Saturday
11:00am-11:45pm - Coach Grace-C
12:00pm-12:45pm - Coach Nic

Mighty Mites (Ages 3-4)

Monday
3:30pm-4:30pm - Coach Arielle
4:30pm-5:30pm - Coach Klaus
5:30pm-6:30pm - Coach Tanya

Tuesday
2:30pm-3:30pm - Coach Klaus
3:30pm-4:30pm - Coach Nic

Wednesday
2:30pm-3:30pm - Coach Megan
3:30pm-4:30pm - Coach Arielle
4:30pm-5:30pm - Coach Nic

Thursday
3:30pm-4:30pm - Coach Grace-C
5:30pm-6:30pm - Coach Megan

Friday
2:30pm-3:30pm - Coach Klaus
3:30pm-4:30pm - Coach Julio
5:30pm-6:30pm - Coach Megan

Saturday
9:00am-10:00am - Coach Megan
9:00am-10:00am - Coach Nic
10:00am-11:00am - Coach Megan
11:00am-12:00pm - Coach Megan
12:00pm-1:00pm - Coach Julio

Juniors (Ages 5-6)

Monday
3:30pm-4:30pm - Coach Megan - GIRLS
4:30pm-5:30pm - Coach Arielle - GIRLS
4:30pm-5:30pm - Coach Megan - BOYS
5:30pm-6:30pm - Coach Megan - GIRLS
6:30pm-7:30pm - Coach Tanya - GIRLS

Tuesday
3:30pm-4:30pm - Coach Megan - GIRLS
4:30pm-5:30pm - Coach Megan - GIRLS
4:30pm-5:30pm - Coach Zack - BOYS
5:30pm-6:30pm - Coach Zack - GIRLS
6:30pm-7:30pm - Coach Nic - GIRLS

Wednesday
3:30pm-4:30pm - Coach Megan - GIRLS
4:30pm-5:30pm - Coach Megan - BOYS
5:30pm-6:30pm - Coach Megan - GIRLS

Thursday
3:30pm-4:30pm - Coach Zack - GIRLS
4:30pm-5:30pm - Coach Megan - GIRLS
4:30pm-6:30pm - Coach Zack - BOYS
4:30pm-5:30pm - Coach Nic - GIRLS
5:30pm-6:30pm - Coach Zack - GIRLS
6:30pm-7:30pm - Coach Megan - GIRLS

Friday
3:30pm-4:30pm - Coach Klaus - BOYS
3:30pm-4:30pm - Coach Megan - GIRLS
5:30pm-6:30pm - Coach Nic - GIRLS
6:30pm-7:30pm - Coach Megan - GIRLS

Saturday
9:00am-10:00am - Coach Grace-C - GIRLS
10:00am-11:00pm - Coach Nic - BOYS
10:00am-11:00am - Coach Julio - GIRLS
11:00am-12:00pm - Coach Nic - BOYS
12:00pm-1:00pm - Coach Megan - GIRLS

Academy Girls (Ages 7+)

Monday
3:30pm-4:30pm - Coach Julio *level 2*
3:30pm-4:30pm - Coach Zack
3:30pm-4:30pm - Coach Stella
4:30pm-5:30pm - Coach Zack *level 2*
4:30pm-5:30pm - Coach Julio *level 2*
5:30pm-6:30pm - Coach Nic
5:30pm-6:30pm - Coach Julio *level 2*
6:30pm-7:30pm - Coach Zack *level 2*
6:30pm-7:30pm - Coach Megan

Tuesday
3:30pm-4:30pm - Coach Grace-C *level 2*
3:30pm-4:30pm - Coach Klaus
4:30pm-5:30pm - Coach Klaus
4:30pm-5:30pm - Coach Grace-C *level 2*
5:30pm-6:30pm - Coach Megan
5:30pm-6:30pm - Coach Grace-C
5:30pm-6:30pm - Coach Nic *level 2*
5:30pm-6:30pm - Coach Klaus *level 2*
6:30pm-7:30pm - Coach Klaus *level 2-3*
6:30pm-7:30pm - Coach Megan
7:30pm-8:30pm - Coach Lloyd *level 2-3*

Wednesday
3:30pm-4:30pm - Coach Stella
3:30pm-4:30pm - Coach Nic *level 2*
4:30pm-5:30pm - Coach Arielle
5:30pm-6:30pm - Coach Nic *level 2*
5:30pm-6:30pm - Coach Zack
6:30pm-7:30pm - Coach Julio *level 2*
6:30pm-7:30pm - Coach Megan

Thursday
3:30pm-4:30pm - Coach Megan
4:30pm-5:30pm - Coach Grace-C
5:30pm-6:30pm - Coach Nic *level 2*
5:30pm-6:30pm - Coach Julio
6:30pm-7:30pm - Coach Nic
7:30pm-8:30pm - Coach Lloyd *level 2-3*

Friday
3:30pm-4:30pm - Coach Stella *level 2-3*
3:30pm-4:30pm - Coach Zack *level 2*
3:30pm-4:30pm - Coach Grace-C
4:30pm-5:30pm - Coach Megan
4:30pm-5:30pm - Coach Zack *level 2*
5:30pm-6:30pm - Coach Klaus *level 2*
5:30pm-6:30pm - Coach Zack *level 2*
5:30pm-6:30pm - Coach Grace-C
6:30pm-7:30pm - Coach Julio *level 1-2*
6:30pm-7:30pm - Coach Grace-C *level 3*

Saturday
9:00am-10:00am - Coach Julio *level 2-3*
10:00am-11:00am - Coach Grace-C
11:00am-12:00pm - Coach Julio
1:00pm-2:00pm - Coach Megan

Academy Boys (Ages 7+)

Monday
3:30pm-4:30pm - Coach Klaus *level 1-2*
5:30pm-6:30pm - Coach Klaus *level 1-2*
6:30pm-7:30pm - Coach Klaus

Tuesdays
3:30pm-4:30pm - Coach Zack
4:30pm-5:30pm - Coach Nic

Wednesday
4:30pm-5:30pm - Coach Zack
6:30pm-7:30pm - Coach Nic

Thursday
3:30pm-4:30pm - Coach Nic
6:30pm-7:30pm - Coach Zack *level 2*

Friday
3:30pm-4:30pm - Coach Nic
4:30pm-5:30pm - Coach Klaus
6:30pm-7:30pm - Coach Klaus

Saturday
1:00pm-2:00pm - Coach Nic

Home-School Classes

Friday
10:30am-12:00pm - Coach Megan & Julio

Tumbling (Ages 7+)

Monday
5:30pm-6:30pm - Coach Zack
6:30pm-7:30pm - Coach Nic

Wednesday
6:30pm-8:00pm - Coach Zack

Friday
6:30pm-7:30pm - Coach Zack

Saturday
1:00pm-2:00pm - Coach Julio

Adult Classes

Monday - Friday
8:00pm-9:00pm - Coach Julio / Klaus
**Be sure to call by 7pm to confirm appointment

Compitive Cheer

Sparklers (Ages 5-9)
Starlights (Ages 10-14)

Last revised 12.15.15

* no level indicator means beginner class
* confirm availability of classes with office