

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Parent Child Class 15 - 36 Months Old 9:30AM-10:00AM</p> <p>An interactive class perfectly designed for you and your little one as they do various challenges and get their bodies moving. This is the virtual version of our Lil Tumblers classes! We introduce challenges for you and your toddlers, and coach you through spotting and helping your little one!</p> <p>Led By: Miss Margot</p>	<p>Beginner Gymnastics Kindergarten - 6th Grade 4:00PM-4:45PM</p> <p>An interactive and guided lesson including a warmup, stretching, strength and conditioning, skill-based drills, challenges, and games. Teachers introduce skills and monitor students to give specific and directed coaching.</p> <p>Led By: Coach Teresa</p>	<p>Ninja Class Kindergarten - 6th Grade 5:00PM-5:45PM</p> <p>Designed to increase focus, balance, and coordination - and keep your ninjas ready for anything! Join us for a super fun training session that includes cardio and strength training, karate basics and floor work, hand-eye coordination challenges, and games!</p> <p>Led By: Mister Ben</p>	<p>Intermediate/Advanced Gymnastics Kindergarten - 6th Grade 4:00PM-4:45PM</p> <p>An advanced class where students demonstrate focus, a solid foundation of strength, and an enthusiasm for learning new skills. The class will have a strong focus on body shaping, flexibility, conditioning, terminology and the skills needed to advance to Pre-Team.</p> <p>Led By: Coach Teresa</p>	<p>Early Years Move Your Body 5 Years Old & Under 9:30AM-10:00AM</p> <p>Designed for all students who want to learn to express themselves through movement! Join us for an engaging mix of dance concepts and creative movement activities that improve spatial awareness, body coordination, rhythm, and creative expression.</p> <p>Led By: Miss Margot</p>