

Elite Gymnastics Center Schedule

Ninja Core

Monday:

4:00 - 5:00 Beginner
6:00 - 7:00 Intermediate 1
7:00 - 8:30 Advanced

Tuesday:

4:00 - 5:00 Beginner

Wednesday:

6:30 - 7:30 Intermediate 2

Thursday:

3:00 - 4:00 Intermediate 1
4:00 - 5:00 Beginner

Friday:

4:30 - 5:30 Beginner (5 - 7 years)
4:30 - 5:30 Beginner 2 (8 years & up)

Saturday:

10:30 - 11:30 Beginner 1 & Tumbling

Boys Gymnastics

Monday:

6:00 - 7:00 Gymnastics

Wednesday:

4:15 - 5:15 Gymnastics
5:00 - 7:00 Intermediate Gymnastics

Saturday:

8:15 - 9:45 Adult Gymnastics
10:30 - 11:30 Tumbling & Ninja Beginner 1

Preschool

Monday:

10:00 - 11:00 (3 - 5 years)
2:15 - 3:15 (4 & 5 years)
2:00 - 3:00 Kindergarden
4:00 - 5:00 Beginner (4 & 5 years)

Tuesday:

9:30 - 10:15 Parent & Tot
9:30 - 10:30 (3 - 5 years)
2:15 - 3:15 (4 & 5 years)
4:00 - 5:00 (4 & 5 years)

Wednesday:

10:00 - 11:15 (3.5 - 5 years. Rising Stars, by Invitation only)
10:00 - 10:45 (3 - 3.5 years)
10:00 - 10:45 Parent & Tot
1:00 - 2:00 (3 - 5 years)

Thursday:

10:00 - 11:00 (4 & 5 years)
10:00 - 11:00 (3 & 4 years)
10:00 - 10:45 Parent & Tot
4:00 - 5:00 (4 - 6 years)

Friday:

10:00 - 11:00 (4 & 5 years)

Saturday:

9:30 - 10:30 (3 & 4 years)
9:45 - 10:30 Parent & Tot
10:30 - 11:30 (3 & 4 years)

Girls Gymnastics

Monday:

3:00 - 4:30 Beginner 1 & 2 Schaghticoke
4:00 - 5:00 Beginner & Beginner 1
4:00 - 5:00 Beginner (4 - 5 years)
4:00 - 5:00 Cheer / Tumble
5:00 - 6:00 Beginner
5:00 - 6:00 Beginner 1
6:00 - 7:00 Beginner
7:30 - 8:30 Cheer / Tumbling

Tuesday:

3:00 - 4:00 Cheer / Tumble
4:00 - 5:00 Beginner 1 & 2 (7 - 10 years)
4:00 - 5:00 (4 & 5 years) Beginner
4:00 - 5:00 (5 & 6 years) Beginner 1
4:30 - 5:30 Beginner
5:00 - 7:00 Hot Shots
7:00 - 8:00 Intermediate

Wednesday:

2:30 - 3:30 HS Cheer Tumbling
4:00 - 5:00 Intermediate (8 - 12 years)
4:15 - 5:15 Beginner 1 (5 - 7 years)
5:00 - 6:00 Beginner 2
6:00 - 7:00 Beginner

Thursday:

2:30 - 3:30 HS Cheer Tumbling
4:00 - 5:00 Beginner 1 (7 - 10 years)
4:00 - 5:00 (5 & 6 years)
5:00 - 7:00 Hot Shots
5:00 - 6:00 Intermediate

Friday:

3:00 - 4:30 Beginner 1 & 2 Schaghticoke
4:00 - 5:00 Beginner
4:00 - 5:30 Beginner 1
4:30 - 5:30 Beginner

Saturday:

8:15 - 9:45 Adult Gymnastics
9:30 - 10:30 All Levels (5 - 7 years)
9:30 - 10:30 All Levels (8 - 12 years)
10:30 - 11:30 All Levels (5 - 7 years)
10:30 - 11:30 All Levels (8 - 13 years)
11:30 - 12:30 Beginner (5 - 9 years)
11:30 - 1:30 Hot Shots