



A.M. CLASS SCHEDULE

2025 -2026

● Youth Classes ● Pre-Team/Team ● Adult Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00	● Adult Kickbox (6:15)		● Adult Kickbox (6:15)			
9:00			● Mommy and Me (9:15)			● Mommy and Me (9:15)
9:30						
10:00	● Preschool TNT		● Preschool TNT			● Preschool TNT ● TNT Beg. ● TNT Int. ● Park/Nin Beg.
10:30						
11:00	● Stay + Play Open Gym		● Stay + Play Open Gym		● Stay + Play Open Gym	● Preschool TNT ● TNT Beg. ● TNT Int. ● Parkour Int.
11:30						● Cheer Tumbling

Class lengths: Beg. = 60 min, Int/Adv. = 90 min, Pre-Team = 90 min, Team = 120 min

4122 Sorrento Valley Blvd. Suite 104
858-379-3549
momentumacrobatcs.com

Register for classes
in the Momentum App:

