

P.M. CLASS SCHEDULE

2026 - 2027

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
12							
2:00					● Beginner Circus ● Beginner Parkour	● Mommy & Me ● Rhythmic Xcel	9am
3:30	● Preschool TNT ● TNT Beg. ● Cheer Tumbling ● Beg. Acro	● Mommy & Me ● Preschool TNT ● Little Ninjas ● TNT Beg. ● Beg. Acro	● TNT Beg. ● TNT Int. ● Martial Arts	● Preschool TNT ● Little Ninjas ● Beg. Acro ● TNT Beg.	● TNT Beg.	● Preschool TNT ● Little Ninjas ● Cirque Beg. ● TNT Beg. ● TNT Int.	10am
4:00	● Parkour/Nin Beg. ● Rhythmic Minis ● Rhythmic L3 ● AGG Kids	● Rhythmic L2 ● Rhythmic L5-6 ● Rhythmic L8+FIG	● Parkour Beg. ● Rhythmic Mini's ● Rhythmic L3 ● AGG Kids ● Rhythmic L8+ FIG	● Rhythmic L2 ● Rhythmic L5-6 ● Rhythmic L8+ FIG	● AGG Kids ● Parkour Beg. ● Rhythmic L3 ● Rhythmic L5-6 ● Rhythmic L8+ FIG	● Preschool TNT ● TNT Beg. ● Cirque Hoop & Trapeeze ● TNT Pre-Team ● TNT Team ● Martial Arts	11am
4:30	● Preschool TNT ● TNT Beg. ● Acro Pre-Team ● TNT Pre-Team	● TNT Beg. ● Cirque Beg. ● Parkour Beg. ● Martial Arts ● Acro Pre-Team ● TNT Pre-Team	● TNT Beg. ● Cirque Beg. ● TNT Pre-Team ● Rhythmic L6+ FIG	● TNT Beg. ● TNT Int. ● Parkour Int. ● Cirque Beg. ● Martial Arts ● TNT Pre-Team ● Acro Pre-Team	● TNT Int. ● TNT Pre-Team ● TNT Team	● All Ages Open Gym ● Rhythmic Minis	12pm 12:15
5:00	● Park/Nin Int. ● Acro Team ● Rhythmic Xcel 5-8:30pm	● Acro Team 5-8	● Preschool TNT ● Parkour Int. ● Acro Team ● Rhythmic Xcel	● Acro Team	● Parkour Int.	● Rhythmic 5-6 ● Rhythmic 8+ FIG ● Rhythmic Minis	1pm 1:30
5:30	● TNT Int./Adv ● Cirque Int. 5:30-7	● Parkour Int. ● Cirque Int. ● TNT Int. ● TNT Team ● Martial Arts	● TNT Beg. ● Cirque Beg.	● Park/Nin Beg. ● Cirque Int. ● Martial Arts ● TNT Team			2pm
6:00	● TNT Team ● AGG Jr. 6-9pm		● Parkour OG ● TNT Team		● All Ages Open Gym	● AGG Jr.	3pm
6:30		● Kickboxing Teen & Adults	● Cirque Beg.	● Kickboxing Teen & Adults			
7:00		● AGG Jr. 7-9pm ● Adult Cirque ● Adult O. Gym	● Acro Tumbling	● AGG Jr. 7-9pm ● Adult Cirque ● Adult O. Gym	● AGG Jr. 7-9pm		
7:30		● Adult TNT		● Adult TNT			

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

