

Beginner Recreational Gymnastics		CanGym badges
All classes are subject to change based on enrolment.		
Monday	4:00-5:00	Working burgundy & Red Badge (5-7 years)
	5:00-6:00	Working burgundy & Red Badge (5-7 years)
	5:00-6:00	Working burgundy & Red Badge (8+ years)
	6:00-7:00	Working burgundy & Red Badge (5-7 years)
	7:00-8:00	Working burgundy & Red Badge (8+ years)
Tuesday	6:00-7:00	Working burgundy & Red Badge (5-7 years)
	7:00-8:00	Working burgundy & Red Badge (8+ years)
Wednesday	4:00-5:00	Working burgundy & Red Badge (5-7 years)
	5:00-6:00	Working burgundy & Red Badge (5-7 years)
	5:00-6:00	Working burgundy & Red Badge (7+ years)
	6:00-7:00	Working burgundy & Red Badge (5-7 years)
Thursday	5:00-6:00	Working burgundy & Red Badge (7+ years)
	6:00-7:00	Working burgundy & Red Badge (5-7 years)
Friday	4:00-5:00	Working burgundy & Red Badge (5-7 years)
	4:00-5:00	Working burgundy & Red Badge (8+ years)
	5:00-6:00	Working burgundy & Red Badge (5-7 years)
	5:00-6:00	Working burgundy & Red Badge (8+ years)
	6:00-7:00	Working burgundy & Red Badge (5-7 years)
Saturday	9:00-10:00	Working burgundy & Red Badge (5-7 years)
	9:00-10:00	Working burgundy & Red Badge (7+ years)
	10:00-11:00	Working burgundy & Red Badge (5-7 years)
	10:00-11:00	Working burgundy & Red Badge (7+ years)
	11:00-12:00	Working burgundy & Red Badge (5-7 years)

Intermediate Recreational Gymnastics		CanGym badges
(must have a Red &/or Tan badge)		
Monday	4:00-5:00	Working Tan & Bronze Badge
	6:00-7:00	Working Tan & Bronze Badge
	7:00-8:00	Working Tan & Bronze Badge
Wednesday	4:00-5:00	Working Tan & Bronze Badge
	6:00-7:00	Working Tan & Bronze Badge
	7:00-8:00	Working Tan & Bronze Badge
Friday	6:00-7:00	Working Tan & Bronze Badge
Saturday	11:00-12:00	Working Tan & Bronze Badge

Advanced Recreational Gymnastics		CanGym badges
(must have Bronze badge or higher)		
Wednesday	7:00-8:30	Working Purple badge and higher - GIRLS
Saturday	12:00-1:30	Working Purple badge and higher - GIRLS
	12:00-1:30	Working Purple badge and higher - BOYS

Specialized Classes

These classes may not be offered during every session!

All classes are subject to change based on enrolment.

Monday	7:30-9:00	Adult Gym & Fitness Class - 16+ years
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Wednesday	7:00-8:30	Teen Class - 12+ years
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Sunday	2:00-3:00	Acro & Tumbling Intermediate
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Sunday	3:00-4:00	Acro & Tumbling Advanced
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