



Class Schedule

Effective : Sept. 8, 2009

Registration Desk/Attendance
(925) 671-7070 ext 213

Membership & Account Info
(925) 671-7070 ext. 203

Program/Class	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
Academic Excellence								
Tutoring and Study	ALL	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 8:00PM	3:00 - 8:00PM		AE Room 1 & 2
Boxing								
All Levels	8 - 13 Years	4:00 - 6:00PM	4:00 - 6:00PM	4:00 - 6:00PM	4:00 - 6:00PM	4:00 - 6:00PM	10:00 - 12:00PM	Boxing Gym
All Levels	14-18 Years	6:30 - 9:00PM	6:30 - 9:00PM	6:30 - 9:00PM	6:30 - 9:00PM	6:30 - 9:00PM	12:00 - 2:00PM	Boxing Gym
Cheerleading								
Beginning	6 - 7 Years 8 and Up			5:30 - 6:15PM	4:00 - 4:45PM 4:45 - 5:30 PM 5:30 - 6:15PM			Building 2 Carpet Building 2 Carpet Building 2 Carpet
Intermediate	6 and Up			6:15 - 7:00PM	6:30 - 7:15PM			Building 1 Mat 1
Stunting Team	See Instructor			5:30 - 7:00PM				Building 1 Mat 1
Preteam	See Instructor					3:30 - 4:15PM		Building 2 Carpet
Team Level 1	See Instructor		5:00 - 6:30PM			5:30 - 7:30PM		Building 2 Carpet
Team Level 2	See Instructor		5:00 - 6:30PM			4:00 - 5:30PM		Building 1 Mat 2
Dance								
Parent and Me	3 - 5 Years					9:00 - 9:30AM 11:15 - 11:45AM		Dance Room Dance Room
Preschool Creative Movement	3 - 5 Years					9:45 - 10:15AM 10:30 - 11:00AM		Dance Room Dance Room
Creative Movement	4 - 5 Years		3:15 - 4:00PM	3:15 - 4:00PM	3:15 - 4:00PM			Dance Room
Boys Dance	4 - 9 Years		4:00 - 4:45PM					Dance Room
Pre-Ballet I	4 - 5 Years	5:30 - 6:15PM			4:00 - 4:45PM	3:15 - 4:00PM 4:45 - 5:30PM		Dance Room Dance Room
Pre-Ballet II	5 - 6 Years				4:45 - 5:30PM	4:00 - 4:45PM		Dance Room
Ballet I	6 - 8 Years		5:30 - 6:15PM					Dance Room
Ballet I & II	7 - 9 Years		6:15 - 7:15PM					Dance Room
Ballet II & III	8 - 11 Years			4:45 - 5:45PM	5:30 - 6:30PM			Dance Room
Ballet IV & V	11 - 15 Years			5:45 - 7:00PM	6:30 - 7:45PM			Dance Room
Ballet V	11 - 15 Years					5:30 - 6:45PM		Dance Room
Conditioning	7 - 13 Years			4:00 - 4:45PM				Dance Room
Intro to Tap	7 - 10 Years		4:45 - 5:30PM					
Beginning Jazz	5 - 6 Years	3:15 - 4:00PM						Dance Room
Beginning/Intermediate Jazz	7 - 10 Years	4:00 - 4:45PM						Dance Room
Intermediate/Advanced Jazz	8 - 12 Years	4:45 - 5:30PM						Dance Room
Hip-Hop/Jazz	12 - 18 Years	6:15 - 7:30PM						Dance Room
Gymnastics								
Dyno Level	3 - 5 Years	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 1:00 - 1:45 PM 3:30 - 4:15PM	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 1:00 - 1:45 PM 3:30 - 4:15PM	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 1:00 - 1:45 PM 4:30 - 5:15PM	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 1:00 - 1:45 PM	9:00 - 9:30AM 9:45 - 10:15AM 10:30 - 11:00AM 11:15 - 11:45AM 3:30 - 4:15PM 5:30 - 6:15PM	9:00 - 9:45 AM 10:00 - 10:45AM	Gymnastic Area Gymnastic Area Gymnastic Area Gymnastic Area Gymnastic Area Gymnastic Area
Skill Level	6 and up	2:00 - 2:45 PM 4:30 - 5:15PM 5:30 - 6:15PM	2:00 - 2:45 PM 4:30 - 5:15PM 5:30 - 6:15PM	2:00 - 2:45 PM 4:30 - 5:15PM 5:30 - 6:15PM	2:00 - 2:45 PM 3:30 - 4:15PM 4:30 - 5:15PM 5:30 - 6:15PM 6:30 - 7:15PM	4:30 - 5:15PM 6:30 - 7:15PM	11:00 - 11:45AM	Gymnastic Area Gymnastic Area Gymnastic Area Gymnastic Area Gymnastic Area
Micro Gymlets	See Instructor		3:30 - 4:30PM		3:30 - 4:30PM			Gymnastic Area
Mini Gymlets	See Instructor		4:30 - 6:30PM		4:30 - 6:30PM			Gymnastic Area
Gymlets	See Instructor	3:30 - 5:30PM		3:30 - 5:30PM			10:00 - 12:15PM	Gymnastic Area
Beg. Development	See Instructor			3:30 - 5:30PM				Gymnastic Area
Preteam	See Instructor	3:30 - 6:30PM		3:30 - 6:30PM				Gymnastic Area

Program/Class	Ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Location
Gymnastics (continued)								
Level 4	See Instructor		4:00 - 7:00PM		4:00 - 7:00PM	4:00 - 7:15PM		Gymnastic Area
Level 5	See Instructor		4:00 - 8:00PM		4:00 - 8:00PM	4:00 - 8:00PM		Gymnastic Area
Level 6	See Instructor	4:00 - 8:00PM	4:00 - 8:00PM		4:00 - 8:00PM	4:00 - 8:00PM		Gymnastic Area
Optional Team	See Instructor	4:00 - 8:30PM	4:00 - 8:30PM		4:00 - 8:30PM	4:00 - 8:30PM	9:00 - 1:00PM	Gymnastic Area
Judo								
Pre-Judo	4 - 5 Years	4:00 - 4:45PM		4:00 - 4:45PM		4:00 - 4:45PM		Martial Arts Center
Beginning	6 - 10 Years		6:15 - 7:00PM		6:15 - 7:00PM			Martial Arts Center
Intermediate	11 and Up		6:15 - 7:00PM		6:15 - 7:00PM	6:15 - 7:00PM		Martial Arts Center
Rhythmic Gymnastics								
Beginning	6 and Up		4:30 - 5:30PM 5:30 - 6:30PM				11:30 - 12:30PM 12:30 - 1:30PM	Building 2 Carpet Building 2 Carpet
Intermediate	6 and Up			5:30 - 6:30 PM				Building 2 Carpet
Advanced	6 and Up	3:45 5:15PM						Building 2 Carpet
Preteam	6 and Up	5:15 - 6:45PM		4:00 - 5:30 PM				Building 2 Carpet
Young Talent	See Instructor		3:30 - 4:30PM					Building 2 Carpet
Level 4	See Instructor			3:30 - 5:30 PM		3:30 - 5:30 PM		Martinez, Wednesday=CYC
Level 5	See Instructor	3:30 - 6:30 PM		3:30 - 6:30 PM		3:30 - 6:30 PM		Martinez, Wednesday=CYC
Level 7	See Instructor	3:30 - 7:30 PM	3:30 - 7:30 PM	3:30 - 7:30 PM	3:30 - 7:30 PM			Martinez, Wednesday=CYC
Level 8 - 9	See Instructor	3:30 - 7:30 PM	3:30 - 7:30 PM	3:30 - 7:30 PM	3:30 - 7:30 PM	3:30 - 6:30 PM		Martinez, Wednesday=CYC
Sport Specific Conditioning								
Weight Lifting	10 +	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM 6:15 - 7:00PM	3:15 - 4:00PM 4:15 - 5:00PM 5:15 - 6:00PM		Weight Room Weight Room Weight Room Weight Room
SSC Activities Time	8 - 14 Years	3:00 - 3:50 PM		3:00 - 3:50 PM		3:00 - 3:50 PM		Building 1 Mat 1 and 2
Slack Line	8 +		3:00 - 3:50 PM		3:00 - 3:50 PM			Building 1 Mat 1 and 2
Speed and Agility	8 +	6:00 - 7:15PM		4:30 - 5:30PM				Building 1 Mat 1 and 2
Extreme Balance	8 +	7:15 - 8:00PM						Building 1 Mat 1 and 2
Taekwondo								
Junior Ninja Turtles	4 - 5 Years	3:30 - 4:00PM	3:30 - 4:00PM	3:30 - 4:00PM	3:30 - 4:00PM	3:30 - 4:00PM		Martial Arts Center
White Belt	6 and Up	4:00 - 4:45PM 7:00 - 7:30PM	4:45 - 5:30PM	4:00 - 4:45PM 7:00 - 7:30PM	4:45 - 5:30PM	4:00 - 4:45PM		Martial Arts Center Martial Arts Center
Yellow, Orange & Purple	6 - 9 Years	4:45 - 5:30PM 6:15 - 7:00PM	5:30 - 6:15PM	4:45 - 5:30PM 6:15 - 7:00PM	5:30 - 6:15PM	4:45 - 5:30PM		Martial Arts Center Martial Arts Center
	9 and Up	5:30 - 6:15PM	4:00 - 4:45PM	5:30 - 6:15PM	4:00 - 4:45PM	5:30 - 6:15PM		Martial Arts Center
Green Belts and Up	6 - 9 Years	4:45 - 5:30PM 6:15 - 7:00PM	5:30 - 6:15PM	4:45 - 5:30PM 6:15 - 7:00PM	5:30 - 6:15PM	4:45 - 5:30PM		Martial Arts Center Martial Arts Center
	9 and Up	5:30 - 6:15PM	4:00 - 4:45PM	5:30 - 6:15PM	4:00 - 4:45PM	5:30 - 6:15PM		Martial Arts Center
Open Mat - Purple Belt & Up	See Instructor	7:00 - 7:30PM		7:00 - 7:30PM				
Demo Team	See Instructor		4:45 - 5:30PM					Martial Arts Center
Olympic Sparring Team	See Instructor				4:45 - 5:30PM			Martial Arts Center
Point Sparring Team	See Instructor	6:15 - 7:00PM						Martial Arts Center
Poomse Team	See Instructor			6:00 - 7:00PM				Martial Arts Center
Wrestling								
K-5 Beginning	5 - 10 Years	3:30 - 4:15PM 4:15 - 5:00PM	3:30 - 4:15PM 4:15 - 5:00PM	3:30 - 4:15PM 4:15 - 5:00PM	3:30 - 4:15PM 4:15 - 5:00PM	3:30 - 4:15PM 4:15 - 5:00PM		Wrestling Area Wrestling Area
K-5 Intermediate	See Instructor	5:00 - 6:00PM		5:00 - 6:00PM	5:00 - 6:00PM			Sat = Building 1
K-5 Advanced	See Instructor		5:00 - 6:30PM		5:00 - 6:30PM	5:00 - 6:30PM		F = Building 1
Middle School Level 1	10 - 14 Years		4:45 - 6:15 PM		5:00 - 6:30PM	5:00 - 6:30PM		F = Building 1
Middle School Level 2	See Instructor	5:00 - 6:30PM	5:00 - 6:30PM		5:00 - 6:30PM			TH= Building 1
High School Folkstyle JV/Frosh	See Instructor	5:00 - 6:30PM		5:00 - 6:00PM		5:00 - 6:30PM		Wrestling Area
High Level Folkstyle Varsity	See Instructor	6:00 - 8:00PM	6:00 - 8:00PM	6:00 - 8:00PM	6:00 - 8:00PM	5:00 - 7:00PM		