

## #//-F/VE MOVEMENT 2025 STUDIO





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUNIOR JUMPERS SEE AGE BREAKDOWN (RIGHT)	9:30-10:20am  JUMPERS &	<u>10:30-11:20am</u>	9:30-11:30AM JUMPERS & ACADEMY 9:30-11:30AM (16-24 months) 10:30-11:20am	9:30-10:20am 10:30-11:20am	10:30-11:20am 	<u>10:00-10:50am</u>	AGE BREAKDOWN MOM & TOT: 12-24 MO JUMPER & ACADEMY: 16-24 MO JUNIOR JUMPERS: 2-3 YEARS
TINY TWISTERS (FOUNDATIONAL) 3-5 YEARS	<u>1:00-1:55pm</u>	11:30-12:20pm 1:00-1:55pm Tiny Twisters, High Flyers & Little Artists 1:00-3:00pm	<u>1:00-1:55pm</u>	1:00-1:55pm Tiny Twisters and Little Artists 1:00-3:00pm	CARTWHEELS & CROSSOVERS 1:00-3:00pm  2:10-3:00pm		<u>9:00-9:50am</u>
RISING STARS (INTERMEDIATE) K-1ST GRADE	<u>4:00-4:55pm</u>	<u>5:00-5:55pm</u>	<u>3:00-3:55pm</u> <u>4:00-4:55pm</u>	CARTWHEELS 4:00-4:50 CROSSOVERS 4:55-5:25 CARTWHEELS & CROSSOVERS 4:00-5:25pm	FLAG FOOTBALL <u>4:00-4:55pm</u>		<u>10:00-10:50am</u> <u>11:00-11:50am</u>
SUPER STARS (ADVANCED) 1ST-3RD & 4TH GRADE	<u>5:00-5:55pm</u>	<u>4:00-4:55pm</u>	<u>5:00-5:55pm</u>	CARTWHEELS & CROSSOVERS 4:00-5:25pm ELITE TOPSTARS 5:00-6:15pm	STRENGTH SQUAD 4:00-4:55pm	<u>9:00-9:50am</u>	<u>11:00-11:50am</u>
	PRE REGISTRATION 4/11 — OPEN REGISTRATION 4/14 10:00 AM						
LITTLE ARTISTS 3-5 YEARS	<u>1:10-2:00pm</u> <u>2:10-3:00pm</u>	Tiny Twisters, High Flyers & Little Artists <u>1:00–3:00pm</u> <u>2:10–3:00pm</u>	<u>1:10-2:00pm</u>	<u>1:10-2:00pm</u> <u>2:10-3:00pm</u>			
HI-FLYERS CHEER 3-5 YEARS & K-3	<u>2:10-3:00pm</u> 	<u>2:10-3:00pm</u>	2:10-3:00pm  4:00-4:55pm (K-3)		<u>1:00-1:55pm</u>		
ADULT CARDIO		9:15-10:15am SCULPT WITH LINDSAY BORKAN	9:15-10:15am TIGHTEN & TONE WITH DANIEL GOLUB FITNESS		9:15-10:15am ELITE HIIT WITH DANIEL GOLUB FITNESS		

