

**ASHEVILLE  
GYMNASTICS**

**Fall Schedule 2017**  
September 1st – December 31st

**PARENT/CHILD**

**Mighty Mites** (45min) Ages **3 & Under**  
Tue, Thurs, Fri, Sun..... 10:15

**Mega Mites** (45min) Ages **5 & Under**  
Mon, Sat..... 10:15  
*\*no Mighty or Mega Mites on Wednesdays\**

**INDEPENDENT  
PRE-SCHOOLER**

**Preschool** (45min) Ages 3-5  
Mon..... 4:30 Emma  
Tue..... 4:30 Morgan  
..... 5:30 Emma  
Wed..... 3:30 Kermit  
..... 4:30 Emma  
..... 5:30 Emma  
Thurs..... 4:30 Morgan  
..... 5:30 Emma  
Fri..... 11:15 Kermit  
**Invitational\*** (1Hr)  
Mon..... 5:30 Morgan  
Fri..... 4:00 Megan

130 Swannanoa River Rd.  
Asheville, NC  
(828) 252-8746

**GIRLS  
REC-GYM**

**Level 1 Beginning (1Hr) Ages 6+**

Mon..... 4:30 Cyndi  
..... 5:30 Emma  
Tue..... 4:30 Emma  
..... 5:30 Piper  
Wed..... 5:30 Kris  
..... 6:30 Megan  
Thurs..... 4:30 Emma  
..... 5:30 Mary

**Level 2 Intermediate (1Hr) Ages 6+**

Mon ..... 4:30 Morgan  
..... 5:30 Cyndi  
Tues ..... 5:30 Morgan  
Wed ..... 5:30 Megan  
..... 6:30 Kris  
Thurs..... 4:30 Mary  
..... 6:30 Kris

**Level 3/4 Advanced (2Hr) Ages 6+**

Tues..... 5:30 Cyndi/Megan  
Thurs..... 5:30 Cyndi/Morgan

**Homeschool (1Hr) Ages 6+**

Fri..... 12:30 Kermit

**BOYS  
REC-GYM**

**Level 1 Beginning (1Hr) Ages 6+**

Mon..... 5:30 Thomas  
Wed..... 4:30 Thomas

**Level 2 Intermediate (1Hr) Ages 6+**

Mon..... 4:30 Thomas  
Wed..... 5:30 Thomas

**Advanced (Non-Team) (2Hr) Ages 6+**

Tues..... 4:30 Thomas  
Thurs..... 4:30 Thomas

**ETC CLASSES**

**Adult Gymnastics (1.5Hr) Ages 18+**

Mon..... 7:30 Kermit  
Wed..... 7:30 Kermit

**Parkour Intro (1Hr) Ages 8+**

Monday..... 6:30 Allen  
Thurs..... 6:30 Allen

**Parkour Intermediate (1.5Hr) Ages 8+**

Mon/Thur..... 7:30 Allen

**Parkour Advanced (1.5Hr) Ages 8+**

Wed..... 7:30 Allen

**Cheer/Tumble (1Hr) Ages 6+**

Tue..... 6:30 Kris

**Cheer/Tumble Advanced (1Hr)**

Thurs..... 7:30 Kris

**Friday & Saturday  
Parents Night Out!!**  
Ages 5-12  
7pm-10pm  
NO RESERVATIONS NEEDED.  
Only \$15

**\*OPEN GYM\***  
Ages 8+ (\$10/person)  
Every Sunday 11am-1pm  
\*For uninstructed training only\*

**We have the  
BEST  
birthday  
parties  
in Asheville!**

**Call to schedule a FREE trial class  
or book a party!**

*Private lessons available upon request.*

Schedule subject to change. Last updated 10/16/17  
\*Invitational classes are by coach's invite only.