

**ASHEVILLE  
GYMNASTICS**

**Winter/Spring 2018**

**January 1st – May 31<sup>st</sup>**

**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-SCHOOL**

**Ages 3-5 (45min)**

Mon..... 4:00 TBA

Tue..... 4:00 Morgan

..... 5:00 Katie B

Wed..... 4:00 Morgan

..... 5:00 Morgan

Thurs..... 4:00 Morgan

..... 5:00 Katie B

Fri..... 11:15 Kermit

**Invitational\* (1 hour)**

Mon..... 5:00 Morgan

Fri..... 4:00 Megan

130 Swannanoa River Rd.

Asheville, NC

(828) 252-8746

**GIRLS REC**

**Red** Beginner (1 hour) Ages 6+

Mon..... 4:00 Morgan

Tue..... 4:00 Katie B

Thurs..... 4:00 Katie B

..... 5:00 Mary

**Orange** Intermediate/Beginner (1 hr)

Mon..... 5:00 Emma

Tues ..... 5:00 Morgan

..... 6:00 Morgan

Wed..... 6:00 Morgan

Thurs..... 4:00 Mary

**Yellow** Intermediate (1 hour)

Mon ..... 4:00 Cyndi

Wed ..... 4:00 Megan

Thurs..... 6:00 Emma

**Green** Intermediate/Advance (1 hr)

Tue..... 5:00 Piper

Wed..... 6:00 Megan

**Blue** Advance (2 hours)

Tues..... 5:00 Cyndi

Thurs..... 5:00 Cyndi

**Purple** Invitational Advance (2 hrs)

Fri..... 5:00 Cyndi

**BOYS REC**

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

Mon..... 5:00 Thomas

Wed..... 4:00 Thomas

**Level 2** Intermediate (1 hour)

Mon..... 4:00 Thomas

**Advanced** (Non-Team) (2 hour)

Tues..... 5:00 Thomas

Thurs(inv)..... 5:00 Thomas

Wed..... 5:00 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

Wednesday(inv)... 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..... 6:00 Kermit

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

Thurs..... 7:00 Jeremiah

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

Fri..... 12:30 Kermit

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

**Private lessons available upon request!**

Schedule subject to change. Last updated 01/25/2018

*\*Invitational classes are by coach's invite only.*

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

**FUN NITE!**

**(Parents Night Out!)**

**Every Friday & Saturday**

**Ages 5-12 7pm-10pm \$15**

**NO RESERVATIONS NEEDED.**

**\*OPEN GYM\***

**Ages 8+ (\$10/person)**

**Every Sunday 11am-1pm**

**\*Uninstructed training only\***