

**ASHEVILLE
GYMNASTICS**

Winter/Spring 2018

January 1st – May 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..... 4:00 Morgan

Tue..... 4:00 Morgan

..... 5:00

Wed..... 4:00 Morgan

..... 5:00 Morgan

Thurs..... 4:00 Morgan

..... 5:00

Fri..... 11:15

Invitational* (1 hour)

Mon..... 5:00

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 Piper

..... 6:00 Megan

Wed..... 6:00

Thurs..... 4:00 Mary

Yellow Intermediate (1 hour)

Mon 4:00 Cyndi

Wed 4:00

Thurs..... 6:00 Emma

Green Intermediate/Advance (1 hr)

Tue..... 5:00 Cyndi

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

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..... 12:00, 1:00

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

Private lessons available upon request!

Schedule subject to change. Last updated 12/11/2017

**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