

**CASSELL TRAINING CENTER
Gymnastic Class Schedule
Fall 2024/2025**

MONDAY

CLASS TIME	CLASS DESCRIPTION	TEACHER
4:00-5:00	Preschool (3-4yrs)	Miss Sydney
4:30-6:00	Level 1 (8+)	Coach Megan
5:00-6:30	Level 2	Miss Sydney
5:30-6:30	A/1 (5-7yrs)	Coach Mia
5:30-7:00	Level 3	Miss Maria
6:00-7:30	Level 1 (8+)	Coach Megan
6:30-7:30	A/1 (6-7yrs)	Coach Mia
6:30-8:00	Level 2	Miss Sydney
7:00-8:00	Beginning Tumbling (8+)	Miss Maria

TUESDAY

CLASS TIME	CLASS DESCRIPTION	TEACHER
4:15-5:00	Parent & Tot (16mos-3yrs)	Miss Sydney
5:00-6:00	A/1 (5-7yrs)	Miss Sydney
5:00-6:30	Level 1 (8+)	Coach Reed
5:30-6:30	A/1 (5-7yrs)	Coach Mia
6:00-7:30	Level 2	Miss Sydney
6:30-7:30	A/1 (5-7yrs)	Coach Mia
6:30-7:30	Int Tumbling	Coach Heather
6:30-8:00	Level 1 (8+)	Coach Reed
7:30-8:30	Adv Tumbling	Coach Heather

WEDNESDAY

CLASS TIME	CLASS DESCRIPTION	TEACHER
4:30-5:30	A/1 (5-7yrs)	Coach Megan
5:00-6:00	Preschool (3-4yrs)	Miss Sydney
5:30-7:00	Level 1 (8+)	Coach Megan
6:00-7:30	Level 2	Miss Sydney
7:00-8:00	Beginning Tumbling	Coach Megan/Miss Sydney

THURSDAY

CLASS TIME	CLASS DESCRIPTION	TEACHER
4:00-5:00	Preschool (3-4yrs)	Coach Reed
5:00-6:00	Ninja/Xena (5-6yrs)	Coach Mia/Coach Reed
5:30-7:00	Level 2	Miss Dava
6:00-7:00	Ninja/Xena (7-10)	Coach Mia
6:00-7:00	A/1 (5-7)	Coach Reed
7:00-8:00	Int Tumbling	Miss Dava

