

Cassell Training Center		
Gymnastics Class List 2026 - 2027		
Monday		
Class Time	Class Description	Teacher
4:30 - 5:30	A/1 (5-7 yrs) - Starting Oct 5th	MK
5:00 - 6:00	Preschool (3-4 yrs)	HT
5:00 - 6:30	Level 1 (8+)	KM
5:30 - 7:00	Level 2	MK
6:30 - 7:30	A/1 (5-7 yrs)	KM
7:00 - 8:00	Beginning Tumbling (8+)	MK
Tuesday		
Class Time	Class Description	Teacher
5:00 - 6:30	Level 1 (8+)	KM
6:00 - 7:30	Level 2	MK
6:00 - 7:30	Level 2/3	HG
6:30 - 7:30	A/1 (5-7 yrs)	KM
7:30 - 8:30	Intermediate/Advanced Tumbling	HG, MK
Wednesday		
Class Time	Class Description	Teacher
4:30 - 5:30	A/1 (5-7 yrs) - Starting Oct 5th	MK
5:00 - 6:30	Level 2	SV
5:30 - 7:00	Level 1 (8+)	MK
6:00 - 7:30	Level 3	SF
7:00 - 8:00	Beginning Tumbling (8+)	MK
Thursday		
Class Time	Class Description	Teacher
4:00 - 5:00	Preschool (3-4 yrs)	HT
4:15 - 5:00	Parent and Tot (16 months - 3 yrs)	JS
5:00 - 6:00	Ninja/Xena (6-10yrs)	SV
5:00 - 6:00	A/1 (5-7 yrs)	HT
6:00 - 7:30	Level 1 (8+)	SV
Teacher Key		
HT: Harper Trombley		
SF: Sydney Foreman		
SV: Sierrah Vredeveld		
KM: Katelyn Morris		
HG: Heather Greene		
MK: Megan Kraley		
JS: Jenny Salander		