



Fit4Kidz Fall Schedule 2022-2023

Classes Begin August 22nd and Run Through May 27th

Mommy, Daddy & Me	Tuesday	6:00 – 6:30pm	Miss Lissa
Mommy, Daddy & Me	Wednesday	5:00 – 5:30pm	Miss Lissa
Tiny Tots	Monday	5:00 – 6:00pm	Miss Lissa
Tiny Tots	Tuesday	6:30 – 7:30pm	Miss Lissa
Flip Floppers	Monday	6:00 – 7:00pm	Miss Lissa
Flip Floppers	Wednesday	6:30 – 7:30pm	Miss Lissa
Ballet/Tumbling Combo	Tuesday	5:00 – 6:00pm	Miss Lissa
Ballet/Tumbling Combo	Wednesday	5:30 – 6:30pm	Miss Lissa
Boys Only Tumbling	Tuesday	7:30 – 8:30pm	Miss Kathy
Teen Tumbling*	Tuesday	7:30 – 8:30pm	Miss Shannon
Teen Tumbling*	Wednesday	7:30 – 8:30pm	Miss Shannon
Cheer Tumbling	ON HOLD		
Gymnastics Level 1	Monday	7:00 – 8:30pm	Miss Lissa
Gymnastics Level 1	Tuesday	4:30 – 6:00pm	Miss Shannon
Gymnastics Level 1	Wednesday	4:30 – 6:00pm	Miss Shannon
Gymnastics Level 2	Tuesday	6:00 – 7:30pm	Miss Shannon
Gymnastics Level 2	Wednesday	6:00 – 7:30pm	Miss Shannon
Gymnastics Level 1/2	Thursday	5:30 – 7:00pm	Miss CJ
Gymnastics Level 1/2	Saturday	10:00 – 11:30am	Miss Erica
Gymnastics Level 3	Monday	6:45 – 8:15pm	Miss Kathy
Gymnastics Level 3	Tuesday	4:30 – 6:00pm	Miss Kathy
Gymnastics Level 3	Wednesday	4:30 – 6:00pm	Miss Jess/Kathy
Gymnastics Level 3	Thursday	6:30 – 8:00pm	Miss Kathy
Gymnastics Level 4-6	Monday	4:45 – 6:15pm	Miss Kathy
Gymnastics Level 4-6	Tuesday	6:00 – 7:30pm	Miss Kathy
Gymnastics Level 4-6	Wednesday	6:30 – 8:00pm	Miss Kathy
Gymnastics Level 4-6	Thursday	4:30 – 6:00pm	Miss Kathy
Gymnastics Level 3-6	Saturday	10:00am – 11:30am	Miss Kathy/Darian

*This Tumbling class is reserved for older students who are at a beginner's level (i.e., Level 1/2).

Closed: Monday, September 5th (Labor Day)

Monday, October 31st (Halloween)

Wednesday, November 23rd - Friday, November 25th (Thanksgiving)

Saturday, Dec. 24th - Saturday, December 31st (Christmas/New Year)