

GYMNASTIC WORLD NAPLES CLASS SCHEDULE

2187 Trade Center Way, Naples, FL 34109

239-592-0608

EFFECTIVE 11/20/17

DAY	TIME	CLASS	COACH
SATURDAY	9:00-9:45	TOT & ME	FRAN
WEDNESDAY	5:00-6:00	3 & 4 YEAR OLDS	DEVIN
SATURDAY	9:00-10:00	3 & 4 YEAR OLDS	IYANAH
MONDAY	4:30-5:30	4 - 6 YEAR OLDS	FRAN
WEDNESDAY	4:00-5:00	4 - 6 YEAR OLDS	DEVIN
WEDNESDAY	6:00-7:00	4 - 6 YEAR OLDS	DEVIN
SATURDAY	10:00-11:00	4 - 6 YEAR OLDS	FRAN
MONDAY	4:30-5:30	6 & UP	IYANAH
MONDAY	5:30-6:30	7 & UP	IYANAH
TUESDAY	4:30-5:30	7 & UP	FRAN
TUESDAY	5:30-6:30	6 & UP	DEVIN
TUESDAY	6:30-7:30	6 & UP	FRAN
WEDNESDAY	4:30-5:30	7 & UP	FRAN
WEDNESDAY	6:30-7:30	6 & UP	FRAN
THURSDAY	4:30-5:30	7 & UP	FRAN
THURSDAY	5:30-6:30	7 & UP	DEVIN
THURSDAY	6:30-7:30	6 & UP	FRAN
SATURDAY	10:00-11:00	7 & UP	IYANAH
SATURDAY	11:00-12:00	7 & UP	FRAN

BOYS ONLY TUMBLE/TRAMP CLASS

TUESDAY	4:30-5:30	6 & UP	OTTO
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BOYS ONLY GLADIATOR ZONE

TUESDAY	5:30-6:30	7 & UP	OTTO
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TRIAL CLASSES MUST BE PRE-SCHEDULED AND PRE-PAID. DROP-INS ARE NOT GUARANTEED A SPOT IF CLASS IS FULL.

Competitive Cheer - Placements in May. Early registration is now open.
E-mail: gymworld_elitecheer@aol.com for more information. 239-592-0608

***COMPETITIVE CHEER RUNS FROM MAY TO APRIL. LATE PLACEMENTS AVAILABLE. EVERYONE IS PUT ON A TEAM!**

TUMBLING

MONDAY	4:00-5:00	TUMBLING-BEGINNER	OTTO
MONDAY	7:00-8:00	TUMBLING-INTERMEDIATE	OTTO
TUESDAY	6:30-7:30	TUMBLING-BEGINNER	OTTO/DEVIN
WEDNESDAY	4:30-5:30	TUMBLING-INTERMEDIATE	OTTO
WEDNESDAY	5:30-6:30	TUMBLING-BEGINNER	OTTO
THURSDAY	4:00-5:00	TUMBLING-INTERMEDIATE	OTTO
THURSDAY	7:00-8:00	TUMBLING-BEGINNER	OTTO

BEGINNER: Skills introduced will include forward and backward rolls, bridges, handstands, cartwheels, and back bends/kickovers

INTERMEDIATE: Skills introduced will include back/front walkovers, round offs, and handstand forward rolls/limber, standing backhandsprings

***CALL FOR AVAILABILITY* INDICATES WE WILL OPEN THE CLASS IF ENOUGH STUDENTS ENROLL
ENROLLMENT IN ALL OF THESE CLASSES IS SUBJECT TO AVAILABILITY
PLEASE CHECK WITH THE FRONT DESK TO VERIFY THAT THERE IS ROOM IN THE
CLASS(ES) YOU ARE INTERESTED IN!**

TOT OPEN GYM IS OFFERED FOR AGES 6 & UNDER

TUESDAY & WEDNESDAY 10:00-11:00AM & 1:00-2:00PM (NOT DROP-OFF)

FRIDAY NIGHT TOT/FAMILY OPEN GYM IS FOR AGES 6 & UNDER 5:30-6:45PM (NOT DROP-OFF)

OPEN GYM IS FOR AGES 5 -14 EVERY FRIDAY EVENING FROM 7-9PM (DROP-OFF)

MONDAY	5:30-6:30	LEVEL 1	FRAN
TUESDAY	4:30-5:30	LEVEL 1	DEVIN
TUESDAY	5:30-6:30	LEVEL 1	FRAN
WEDNESDAY	5:30-6:30	LEVEL 1	FRAN
THURSDAY	4:30-5:30	LEVEL 1	DEVIN
THURSDAY	5:30-6:30	LEVEL 1	FRAN
THURSDAY	6:30-7:30	LEVEL 1	DEVIN
SATURDAY	11:00-12:00	LEVEL 1	IYANAH

MONDAY	5:30-7:30	LEVEL 2	JENNIFER
TUESDAY	4:30-6:30	LEVEL 2	JENNIFER
WEDNESDAY	5:00-6:30	LEVEL 2	JENNIFER
THURSDAY	5:30-7:30	LEVEL 2	JENNIFER
WEDNESDAY	4:00-6:00	XCEL BRONZE - INVITE ONLY	KERRY
FRIDAY	4:00-6:00	XCEL BRONZE - INVITE ONLY	KERRY

TUESDAY	4:30-7:30	XCEL SILVER - INVITE ONLY	AMIE/CASSIE
WEDNESDAY	4:30-7:30	XCEL SILVER - INVITE ONLY	AMIE/CASSIE

MONDAY	4:30-8:15	LEVEL 4 - INVITE ONLY	KERRY/SHANNON/KARA
TUESDAY	4:30-8:00	LEVEL 4 - INVITE ONLY	KERRY/SHANNON/KARA
THURSDAY	4:30-8:15	LEVEL 4 - INVITE ONLY	KERRY/SHANNON/KARA
SATURDAY	9:00-12:00	LEVEL 4 - INVITE ONLY	KERRY/SHANNON/KARA

MONDAY	4:30-8:30	LEVEL 5 & UP- INVITE ONLY	KERRY
TUESDAY	4:30-8:30	LEVEL 5 & UP- INVITE ONLY	KERRY
THURSDAY	4:30-8:30	LEVEL 5 & UP- INVITE ONLY	KERRY
SATURDAY	9:00-12:00	LEVEL 5 & UP- INVITE ONLY	KERRY

<http://usagym.org/pages/women/events/jocompulsories/pdfs/programchanges.pdf>