

GYMNASTIC WORLD NAPLES CLASS SCHEDULE

2187 Trade Center Way, Naples, FL 34109

239-592-0608

EFFECTIVE 1/20/18

DAY	TIME	CLASS	COACH
SATURDAY	9:00-9:45	TOT & ME	SAVANNAH
TUESDAY	3:30-4:30	3 & 4 YEAR OLDS	SAVANNAH (CALL FOR AVAILABILITY)
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	ALYSSA
WEDNESDAY	4:00-5:00	4 - 6 YEAR OLDS	DEVIN
WEDNESDAY	6:00-7:00	4 - 6 YEAR OLDS	DEVIN
THURSDAY	3:30-4:30	4 - 6 YEAR OLDS	SAVANNAH
SATURDAY	10:00-11:00	4 - 6 YEAR OLDS	SAVANNAH
MONDAY	4:30-5:30	6 & UP	IYANAH
MONDAY	5:30-6:30	7 & UP	IYANAH
TUESDAY	4:30-5:30	7 & UP	SAVANNAH
TUESDAY	5:30-6:30	6 & UP	DEVIN
TUESDAY	6:30-7:30	6 & UP	SAVANNAH
WEDNESDAY	4:30-5:30	7 & UP	OTTO
WEDNESDAY	6:30-7:30	6 & UP	OTTO
THURSDAY	4:30-5:30	7 & UP	SAVANNAH
THURSDAY	5:30-6:30	7 & UP	DEVIN
THURSDAY	6:30-7:30	6 & UP	SAVANNAH
SATURDAY	10:00-11:00	7 & UP	SAVANNAH
SATURDAY	11:00-12:00	7 & UP	SAVANNAH

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.

TUMBLING

MONDAY	4:00-5:00	TUMBLING-BEGINNER	OTTO
MONDAY	7:00-8:00	TUMBLING-INTERMEDIATE	OTTO
TUESDAY	4:30-5:30	TUMBLING-INTERMEDIATE	OTTO
TUESDAY	6:30-7:30	TUMBLING-BEGINNER	OTTO
WEDNESDAY	3:30-4:30	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 -13 EVERY FRIDAY EVENING FROM 7-9PM (DROP-OFF)

MONDAY	5:30-6:30	LEVEL 1	ALYSSA
TUESDAY	4:30-5:30	LEVEL 1	DEVIN
TUESDAY	5:30-6:30	LEVEL 1	SAVANNAH
WEDNESDAY	5:30-6:30	LEVEL 1	OTTO
THURSDAY	4:30-5:30	LEVEL 1	DEVIN
THURSDAY	5:30-6:30	LEVEL 1	SAVANNAH
THURSDAY	6:30-7:30	LEVEL 1	DEVIN
SATURDAY	11:00-12:00	LEVEL 1	IYANAH
MONDAY	5:30-7:30	LEVEL 2	AMIE
TUESDAY	4:30-6:30	LEVEL 2	CASSIE
TUESDAY	6:30-8:00	LEVEL 2	DEVIN
WEDNESDAY	5:00-6:30	LEVEL 2	CASSIE
THURSDAY	5:30-7:30	LEVEL 2	CASSIE
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/KARA
TUESDAY	4:30-8:30	LEVEL 5 & UP- INVITE ONLY	KERRY/KARA
THURSDAY	4:30-8:30	LEVEL 5 & UP- INVITE ONLY	KERRY/KARA
SATURDAY	9:00-12:00	LEVEL 5 & UP- INVITE ONLY	KERRY/KARA
http://usagym.org/pages/women/events/jocompulsories/pdfs/programchanges.pdf			