



CLASS SCHEDULE

As Of: February 2018

* Indicates an Upper Division Class and Requires Written Coach Approval to Register

+ Indicates Advanced Training Fees

Billing and Account Information

Membership & Registration Information

Indicates a Session Class

(925) 671-7070 ext. 202

(925) 671-7070 ext. 210

PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION
BOXING								
All Levels	8 - 13 Years	4:00 - 6:00 PM OPEN	4:00 - 6:00 PM OPEN	4:00 - 6:00 PM OPEN	4:00 - 6:00 PM OPEN	4:00 - 6:00 PM OPEN	0:00 - 12:00 PM OPEN	Boxing Gym
	14-18 Years	6:30 - 8:30 PM OPEN	6:30 - 8:30 PM OPEN	6:30 - 8:30 PM OPE	6:30 - 8:30 PM OPE	6:30 - 8:30 PM OPEN		Boxing Gym
CHEERLEADING								
Beginning								
	6 - 7 Years			7:00 - 7:45 PM (2)				Cheer Floor Bldg 1
	8 - 9 Years		6:45 - 7:15 PM (3)		7:15 - 8:00 PM (3)			Cheer Floor Bldg 1
	6 - 12 Years							Cheer Floor Bldg 1
	10 - 18 Years	7:45 - 8:30 PM (3)		7:45 - 8:30 PM (4)				Cheer Floor Bldg 1
DANCE								
Pre Ballet	3 - 5 Years						9:45 - 10:30 AM (4)	Dance Studio
Beginning Ballet *	7 - 9 Years							Dance Studio
Beginning Ballet *	8 - 10 Years							Dance Studio
Beginning Kids Ballet *	7 - 9 Years				3:30 - 4:15 PM (6)			Dance Studio
Intermediate Ballet*	9+ Years					6:45 - 7:45 PM (3)		Dance Studio
Ballet 2 *	8+ Years	5:30 - 6:30 PM (8)						Dance Studio
Ballet 3 *	8+ Years		6:00 - 7:00 PM (8)					Dance Studio
Ballet 4 *	Age Open							Dance Studio
Advanced Point *	See Instructor							
Ballet/Jazz Combo	7 - 9 Years	3:15 - 4:00 PM (2)						Dance Studio
Creative Movement	5 - 7 Years					3:00 - 3:45 PM (4)		Dance Studio
Creative Movement	4 - 6 Years	2:30 - 3:15 PM (4)					9:00 - 9:45 AM (3)	Dance Studio
Beg Boys Dance	6+ Years		3:00 - 3:45 PM (8)					Dance Studio
Int Boys Dance	8+ Years		3:45 - 4:30 PM (10)					Dance Studio
Jazz 1	6 - 9 Years	4:45 - 5:30 PM (9)						Dance Studio
Jazz 2 *	Age Open	6:30 - 7:30 PM (4)						Dance Studio
Teen Jazz	10 - 18 Years			7:30 - 8:15 (7)				Dance Studio
Kids Hip Hop	5 - 7 Years							Dance Studio
Intermediate Kids Hip Hop *	8 - 11 Years	4:00 - 4:45 PM (3)						Dance Studio
Advanced Teen Hip Hop	10 - 18 Years				6:30 - 7:15 PM (4)			Dance Studio
Tahitian	6 - 9 Years				4:15 - 5:00 PM (3)			Dance Studio
Tahitian	10+ Years				5:00 - 5:45 PM (5)			Dance Studio
Kids Tap 1	6+ Years		4:30 - 5:15 PM (4)					Dance Studio
Kids Tap 2 *	8+ Years		5:15 - 6:00 PM (2)					Dance Studio
Beg / Int Teen Tap *	10+ Years				5:45 - 6:30 PM (8)			Dance Studio
Teen Zumba	10+ Years		7:00 - 7:45 PM (4)					Dance Studio
JUDO								
Beginning	6 - 11 Years		6:15 - 7:15 PM (OPEN)			6:15 - 7:45 PM (OPEN)		Martial Arts Center
Intermediate	11 and Up		7:15 - 8:30 PM (OPEN)		7:15 - 8:30 PM OPEN			Martial Arts Center
SOCCER								
2014 & 2015	See Birth Year <i>*2014 birth year players must be at least 3yo when registering.</i>	10:00 - 10:25 AM (7) 10:30 - 10:55 AM (11) 11:00 - 11:25 AM (15) 11:30 - 11:55 AM OPEN 12:00 - 12:25 PM (14) 3:30 - 3:55 PM (14)			10:00 - 10:25 AM (16) 10:30 - 10:55 AM (13) 11:00 - 11:25 AM OPEN 11:30 - 11:55 AM (13) 12:00 - 12:25 PM OPEN		3:30 - 3:55 PM (8)	Soccer Field 1 and 2
2012 & 2013	See Birth Year	3:30 - 4:10 PM OPEN	3:30 - 4:10 PM OPEN	3:30 - 4:10 PM OPEN	3:30 - 4:10 PM OPEN	3:30 - 4:10 PM OPEN		Soccer Field 2, 3 and 4
2011 Mon/Wed	See Birth Year	4:15 - 5:10 PM (OPEN)		4:15 - 5:10 PM (OPEN)				Soccer Field
2010 Tue/Thur	See Birth Year		4:15 - 5:10 PM (6)		4:15 - 5:10 PM (6)			
2009 Mon/Wed	See Birth Year	5:15 - 6:25 PM OPEN		5:15 - 6:25 PM OPEN				
2008 Tue/Thur	See Birth Year		5:15 - 6:25 PM OPEN		5:15 - 6:25 PM OPEN			
2006 & 2007 Tue/Thur	See Birth Year		6:30 - 7:55 PM (8)		6:30 - 7:55 PM (8)			

2005 and Older Mon/Wed	See Birth Year	6:30 - 7:55 PM OPEN		6:30 - 7:55 PM OPEN				
Goal Keeping and Foot Skills	2010 Birth Year and Up					4:15 - 5:30 PM OPEN		
SPORT SPECIFIC CONDITIONING								
Activity Hour	6 - 14 Years	3:15 - 4:00 PM (9)	3:15 - 4:00 PM (7)	3:15 - 4:00 PM (3)	3:15 - 4:00 PM (6)	3:15 - 4:00 PM (8)		Building 1 Spring Floor
Body Toning	6 - 18 Years	3:15 - 7:00 PM (8)		3:15 - 7:00 PM (5)		3:15 - 6:00 PM (10)		Cardio Area
Speed and Agility	6 and Up		5:15 - 6:00 PM (8)		5:15 - 6:00 PM (5)	4:30 - 5:30PM (5)		Field, Cardio Area
Power Hour	10 and Up	3:15 - 5:10 PM OPEN	3:15 - 5:10 PM OPEN	3:15 - 5:10 PM OPEN	3:15 - 5:10 PM OPEN	3:15 - 5:10 PM OPEN		Lifting Area
		5:15 - 7:00 PM OPEN	5:15 - 7:00 PM OPEN	5:15 - 7:00 PM OPEN	5:15 - 7:00 PM OPEN	5:15 - 7:00 PM OPEN		
Core Building	10 and Up		4:15 - 5:00 PM OPEN		4:15 - 5:00 PM OPEN			Cardio Area
TAEKWONDO								
White Belt	6 and Up	4:00 - 4:45 PM (5)		4:00 - 4:45 PM (3)		4:00 - 4:45 PM (4)		Martial Arts Center
		7:00 - 7:30 PM (4)		7:00 - 7:30 PM (16)				
Color Belt	6 - 8 Years	4:45 - 5:30 PM (9)	5:30 - 6:15 PM (9)	4:45 - 5:30 PM (15)	5:30 - 6:15 PM (13)	4:45 - 5:30 PM (11)		Martial Arts Center
				6:15 - 7:00 PM (3)				
	9 and Up	5:30 - 6:15 PM (2)	4:00 - 4:45 PM (6)	5:30 - 6:15 PM (11)	4:00 - 4:45 PM (9)	5:30 - 6:15PM (14)		
WRESTLING								
K-5 Beginning	White Shirt (Beginners) (5-10)	3:30 - 4:15 PM (10)	3:30 - 4:15 PM (7)	3:30 - 4:15 PM (8)	3:30 - 4:15 PM (11)	3:30 - 4:15 PM (15)		Wrestling Area Building 2
	White Shirt (Beginners) (5-10)	4:30 - 5:15 PM (2)		4:30 - 5:15 PM (6)		4:30 - 5:15 PM (6)		
	White Shirt (Beginners) (5-10)	5:30 - 6:15 PM (2)	5:30 - 6:15 PM (5)	5:30 - 6:15 PM (3)	5:30 - 6:15 PM (3)	5:30 - 6:15 PM (5)		
	White Shirt (Beginners) (5-10)	6:30 - 7:15 PM (2)	6:30 - 7:15 PM (11)	6:30 - 7:15 PM (9)	6:30 - 7:15 PM (10)			
	Yellow Shirt (Advanced) (5-10)	4:30 - 5:30 PM (5)	4:30 - 5:30 PM (6)	4:30 - 5:30 PM (8)	4:30 - 5:30 PM (5)	4:30 - 5:30 PM (4)		
	Yellow Shirt (Advanced) (5-10)	5:30 - 6:15 PM (3)	5:30 - 6:15 PM (8)	5:30 - 6:30 PM (7)	5:30 - 6:30 PM (2)	5:30 - 6:30 PM (6)		