




CLASS SCHEDULE

As Of: May 2018

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

PROGRAM/CLASS	AGES	Indicates a Session Class					Billing and Account Information		Membership & Registration Information	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION		
		(925) 671-7070 ext. 202					(925) 671-7070 ext. 210			
ACADEMIC EXCELLENCE										
Tutoring and Studying	Grades: 1 - 6 (6 - 11 Years)	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 6:00 PM				AE Building 2
	Grades: 7 - 12 (12 - 18 Years)	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 6:00 PM				AE Building 4
BOXING										
All Levels	8 - 13 Years	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	10:00 - 12:00 PM			Boxing Gym
	14-18 Years	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM				Boxing Gym
CHEERLEADING										
Beginning	4 - 5 Years	7:00 - 7:45 PM			6:30 - 7:15 PM					Cheer Floor Bldg 1
	6 - 7 Years		6:00 - 6:45 PM	7:00 - 7:45 PM						Cheer Floor Bldg 1
	8 - 9 Years		6:45 - 7:15 PM		7:15 - 8:00 PM					Cheer Floor Bldg 1
	6 - 12 Years				8:00 - 8:45 PM					Cheer Floor Bldg 1
	10 - 18 Years	7:45 - 8:30 PM		7:45 - 8:30 PM						Cheer Floor Bldg 1
DANCE										
Pre Ballet	3 - 4 Years						9:45 - 10:30 AM			Dance Studio
Pre Ballet	5 - 6 Years						10:30 - 11:15 AM			Dance Studio
Pre Ballet	6 - 7 Years					4:30 - 5:15 PM				Dance Studio
Beginning Ballet *	7 - 9 Years					5:15 - 6:00 PM				Dance Studio
Beginning Ballet *	8 - 10 Years					6:00 - 6:45 PM				Dance Studio
Beginning Kids Ballet *	7 - 9 Years				3:30 - 4:15 PM					Dance Studio
Intermediate Ballet*	9+ Years					6:45 - 7:45 PM				Dance Studio
Ballet 2 *	8+ Years	5:30 - 6:30 PM								Dance Studio
Ballet 3 *	8+ Years		6:00 - 7:00 PM							Dance Studio
Ballet/Jazz Combo	7 - 9 Years	3:15 - 4:00 PM								Dance Studio
Ballet/Tap Combo	4 - 6 Years						11:15 AM - 12:00 PM			Dance Studio
Creative Movement	5 - 7 Years					3:00 - 3:45 PM				Dance Studio
Creative Movement	4 - 6 Years	2:30 - 3:15 PM					9:00 - 9:45 AM			Dance Studio
Beg Boys Dance	6+ Years		3:00 - 3:45 PM							Dance Studio
Int Boys Dance	8+ Years		3:45 - 4:30 PM							Dance Studio
Jazz 1	6 - 9 Years	4:45 - 5:30 PM								Dance Studio
Jazz 2 *	Age Open	6:30 - 7:30 PM								Dance Studio
Advanced Jazz 4 *	see Instructor			5:30 - 6:30						Dance Studio
Teen Jazz	10 - 18 Years			7:30 - 8:15						Dance Studio
Kids Hip Hop	5 - 7 Years					3:45 - 4:30 PM				Dance Studio
Intermediate Kids Hip Hop *	8 - 11 Years	4:00 - 4:45 PM								Dance Studio
Advanced Teen Hip Hop	10 - 18 Years				6:30 - 7:15 PM					Dance Studio
Tahitian	6 - 9 Years				4:15 - 5:00 PM					Dance Studio
Tahitian	10+ Years				5:00 - 5:45 PM					Dance Studio
Kids Tap 1	6+ Years		4:30 - 5:15 PM							Dance Studio
Kids Tap 2 *	8+ Years		5:15 - 6:00 PM							Dance Studio
Beg / Int Teen Tap *	10+ Years				5:45 - 6:30 PM					Dance Studio
Urban	10+ Years		7:00 - 7:45 PM	6:30 - 7:30 PM						Dance Studio
GYMNASTICS										
Dyno Level	3 - 5 Years	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM 3:30 - 4:15 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM 3:30 - 4:15 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM 4:30 - 5:15 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM 3:30 - 4:15 PM 5:30 - 6:15 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM	9:00 - 9:45 AM 10:00 - 10:45 AM		Gymnastics Area
Skill Level	6 and up	2:15 - 3:00 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	2:15 - 3:00 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	2:15 - 3:00 PM 3:30 - 4:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	4:30 - 5:15 PM 6:30 - 7:15 PM	11:00 - 11:45 AM 12:00 - 12:45 PM			Gymnastics Area
JUDO										
Pre-Judo	4 - 5 Years	4:00 - 4:45 PM		4:00 - 4:45 PM		4:00 - 4:45 PM				Marital Arts Center
Beginning	6 - 11 Years		6:15 - 7:15 PM		6:15 - 7:15 PM	6:15 - 7:45 PM				Marital Arts Center
Intermediate	11 and Up		7:15 - 8:30 PM		7:15 - 8:30 PM	(6-18 Years)				Marital Arts Center

	CLASS SCHEDULE		* Indicates an Upper Division Class and Requires Written Coach Approval to Register						
	As Of: May 2018		+ Indicates Advanced Training Fees			Billing and Account Information		Membership & Registration Information	
	PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION
			Indicates a Session Class			(925) 671-7070 ext. 202		(925) 671-7070 ext. 210	
SOCCER									
U4 (Mon/Wed/Fri)	Birth Year: 2014-2015 <i>*2015 birth year players must be at least 3yo when registering.</i>	10:00 - 10:25 AM 10:30 - 10:55 AM 11:00 - 11:25 AM 11:30 - 11:55 AM 12:00 - 12:25 PM 3:30 - 3:55 PM			10:00 - 10:25 AM 10:30 - 10:55 AM 11:00 - 11:25 AM 11:30 - 11:55 AM 12:00 - 12:25 PM				Soccer Field 1 and 2
U6 (Mon/Tues/Wed/Thurs/Fri)	Birth Year: 2012- 2013	3:30 - 4:10 PM	3:30 - 4:10 PM	3:30 - 4:10 PM	3:30 - 4:10 PM	3:30 - 4:10 PM	3:30 - 4:10 PM		Soccer Field 2, 3 and 4
U8: Mon/Wed	Birth Year: 2011	4:15 - 5:10 PM		4:15 - 5:10 PM					Soccer Field
U8: Tue/Thur	Birth Year: 2010		4:15 - 5:10 PM		4:15 - 5:10 PM				Soccer Field
U10: Mon/Wed	Birth Year: 2009	5:15 - 6:25 PM		5:15 - 6:25 PM					Soccer Field
U10: Tue/Thur	Birth Year: 2008		5:15 - 6:25 PM		5:15 - 6:25 PM				Soccer Field
U12: Tue/Thur	Birth Year: 2006 & 2007		6:30 - 7:55 PM		6:30 - 7:55 PM				Soccer Field
13+: Mon/Wed	Birth Year: 2005 and Older	6:30 - 7:55 PM		6:30 - 7:55 PM					Soccer Field
SPORT SPECIFIC CONDITIONING									
Activity Hour	6 - 14 Years	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM		Building 1 Spring Floor
Body Toning	6 - 18 Years	3:15 - 7:00 PM		3:15 - 7:00 PM			3:15 - 6:00 PM		Cardio Area
Speed and Agility	6 and Up		5:15 - 6:00 PM		5:15 - 6:00 PM	4:30 - 5:30PM			Field, Cardio Area
Power Hour	10 and Up	3:15 - 5:10 PM 5:15 - 7:00 PM	3:15 - 5:10 PM 5:15 - 7:00 PM	3:15 - 5:10 PM 5:15 - 7:00 PM	3:15 - 5:10 PM 5:15 - 7:00 PM	3:15 - 5:10 PM 5:15 - 7:00 PM	3:15 - 5:10 PM 5:15 - 7:00 PM		Lifting Area
Core Building	10 and Up		4:15 - 5:00 PM		4:15 - 5:00 PM				Cardio Area
TAEKWONDO									
Junior Ninja Turtles	4 - 5 Years	3:30 - 4:00 PM	3:30 - 4:00 PM	3:30 - 4:00 PM	3:30 - 4:00 PM	3:30 - 4:00 PM	3:30 - 4:00 PM		Martial Arts Center
White Belt	6 and Up	4:00 - 4:50 PM		4:00 - 4:50 PM			4:00 - 4:50 PM		Martial Arts Center
			7:00-7:50pm		7:00-7:50pm				
Color Belt	6-9 Years		4:00-4:50pm		4:00-4:50pm				Martial Arts Center
		6:00-6:50pm	5:00-5:50pm		5:00-5:50pm				
				6:00-6:50pm					
	10 & up			5:00-5:50pm					Martial Arts Center
		7:00-7:50pm	6:00-6:50pm		6:00-6:50pm		5:00-5:50pm		
							6:00-6:50pm		
							7:00-7:50pm		
WRESTLING									
K-5 Beginning	White Shirt (Beginners) (5-10)	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM		Wrestling Area Building 2
	White Shirt (Beginners) (5-10)	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM		
	White Shirt (Beginners) (5-10)	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM		
	White Shirt (Beginners) (5-10)	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM		
	Yellow Shirt (Advanced) (5-10)	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM		
	Yellow Shirt (Advanced) (5-10)	5:30 - 6:30 PM	5:30 - 6:15 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM		
								9:15 - 10:00 AM (White/ Yellow)	
K-5 Intermediate * (T/Th Only)	See Instructor -Lt Blue		5:30 - 7:00 PM		5:30 - 7:00 PM				Wrestling Area Building 2
K-5 Intermediate Level 2 * (M/W)	See Instructor -Lt Blue	6:00 - 7:30 PM		6:00 - 7:30 PM					Wrestling Area Building 2
K-5 Intermediate Level 2 * (Fri)	See Instructor -Lt Blue					5:00 - 6:30 PM			Wrestling Area Building 2
K-5 Advanced * (M/W)	See Instructor-Red	6:00 - 8:00 PM		6:00 - 8:00 PM					Wrestling Area Building 2
K-5 Advanced * (Fri)	See Instructor-Red					5:00 - 7:00 PM			Wrestling Area Building 2
Middle School Level 1 (T/Th)	Grades 6-8-White Shirt		4:00 - 5:30 PM		4:00 - 5:30 PM				Wrestling Area Building 2
Middle School Level 1 (Friday)	Grades 6-8-Navy Shirt					5:00 - 6:30 PM			Wrestling Area Building 2
High School Freestyle/Greco (M/W)	Grades 9-12-Black	4:30 - 6:00 PM		4:30 - 6:00 PM					Wrestling Area Building 2
High School Freestyle/Greco (Fri)	Grades 9-12-Black					5:00 - 6:30 PM			Wrestling Area Building 2
High School Elite (T/W/Th)	See Instructor-Black		4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM				Building 4 Wrestling Mats