



CLASS SCHEDULE

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

As Of: June 2019

+ Indicates Advanced Training Fees

Billing and Account Information

Membership & Registration Information

Questions?: info@cycmail.org

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	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 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
	8-13 Years	Must have one class during the week to attend Saturday class.						10:00 - 12:00 PM
CHEERLEADING								
Beginning	3 - 5 Years			3:15 - 4:00 PM				Cheer Floor Bldg 1
	4 - 5 Years	7:00 - 7:45 PM			6:30 - 7:15 PM			Cheer Floor Bldg 1
	6 - 7 Years		5:15 - 6:00 PM	7:00 - 7:45 PM				Cheer Floor Bldg 1
			6:00 - 6:45 PM					Cheer Floor Bldg 1
	8 - 9 Years	5:15 - 6:00 PM	6:45 - 7:30 PM		7:15 - 8:00 PM			Cheer Floor Bldg 1
Advanced (all ages)	10 - 18 Years	7:45 - 8:30 PM		7:45 - 8:30 PM				Cheer Floor Bldg 1
	6 - 18 Years				8:00 - 8:45 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 4*	8+ Years			4:00 - 5:30 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				7:15 - 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	7+ Years		7:00 - 7:45 PM	6:30 - 7:30 PM				Dance Studio
GYMNASTICS								
Dyno Level	3 - 5 Years	11:15 - 11:45 AM	11:15 - 11:45 AM	11:15 - 11:45 AM	11:15 - 11:45 AM	11:15 - 11:45 AM	9:00 - 9:45 AM	Gymnastics Area
		12:00 - 12:30 PM	12:00 - 12:30 PM	12:00 - 12:30 PM	12:00 - 12:30 PM	12:00 - 12:30 PM	10:00 - 10:45 AM	
		12:45 - 1:15 PM	12:45 - 1:15 PM	12:45 - 1:15 PM	12:45 - 1:15 PM	12:45 - 1:15 PM		
		1:30 - 2:00 PM	1:30 - 2:00 PM	1:30 - 2:00 PM	1:30 - 2:00 PM	1:30 - 2:00 PM		
		3:30 - 4:15 PM	3:30 - 4:15 PM			3:30 - 4:15 PM		
				4:30 - 5:15 PM				
						5:30 - 6:15 PM		
Skill Level	6 and up	2:15 - 3:00 PM	2:15 - 3:00 PM	2:15 - 3:00 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	11:00 - 11:45 AM	Gymnastics Area
		3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	12:00 - 12:45 PM	
		4:30 - 5:15 PM	4:30 - 5:15 PM			4:30 - 5:15 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		
		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		



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PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION
JUDO								
Pre-Judo	4 - 5 Years	4:00 - 4:45 PM		4:00 - 4:45 PM		4:00 - 4:45 PM		Martial Arts Center
Beginning	6 - 11 Years		7:00 - 8:00 PM		7:00 - 8:00 PM	6:30 - 8:30 PM		Martial Arts Center
Intermediate	11 and Up		8:00 - 9:00 PM		8:00 - 9:00 PM			Martial Arts Center
SOCCER								
U4 (Mon/Wed/Fri)	Birth Year: 2015-2016 <i>*2015 birth year players must be at least 3yo when registering.</i>	12:00-12:25 PM 12:30-12:55 PM		12:00-12:25 PM 12:30-12:55 PM		11:00 - 11:25 AM		Soccer Field Soccer Field Soccer Field
			12:30-12:55 PM		12:00-12:25 PM	12:00-12:25 PM		Soccer Field Soccer Field
U6 (Mon/Tues/Wed/Thurs/Fri)	Birth Year: 2013-2014	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
U8: Mon/Wed	Birth Year: 2012	4:15 - 5:10 PM		4:15 - 5:10 PM				Soccer Field
U8: Tue/Thur	Birth Year: 2011		4:15 - 5:10 PM		4:15 - 5:10 PM			Soccer Field
U8: Fri	Birth Year: 2011-2012					4:15 - 5:10 PM		Soccer Field
U10: Mon/Wed	Birth Year: 2010	5:15 - 6:25 PM		5:15 - 6:25 PM				Soccer Field
U10: Tue/Thur	Birth Year: 2009		5:15 - 6:25 PM		5:15 - 6:25 PM			Soccer Field
U10: Fri	Birth Year: 2009-2010					5:15 - 6:25 PM		Soccer Field
U12: Tue/Thur	Birth Year: 2007-2008		6:30 - 7:55 PM		6:30 - 7:55 PM			Soccer Field
13+: Mon/Wed	Birth Year: 2001-2006	6:30 - 7:55 PM		6:30 - 7:55 PM				Soccer Field
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		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
		8:00-8:50 PM	7:00-7:50pm	8:00-8:50 PM	7:00-7:50pm	7:00-7:50 PM		Martial Arts Center Martial Arts Center
Color Belt	6-9 Years		4:00 - 4:50 PM		4:00 - 4:50 PM			Martial Arts Center
			5:00 - 5:50 PM		5:00 - 5:50 PM			Martial Arts Center
		6:00 - 6:50 PM		6:00 - 6:50 PM		6:00 - 6:50 PM		Martial Arts Center
				7:00 - 7:50 PM				Martial Arts Center
	10 & up	5:00 - 5:50 PM		5:00 - 5:50 PM		5:00 - 5:50 PM		Martial Arts Center
			6:00 - 6:50 PM		6:00 - 6:50 PM			Martial Arts Center
		7:00 - 7:50 PM						Martial Arts Center
	All Ages (6 - 18 Years)		8:00 - 8:50 PM		8:00 - 8:50 PM	8:00 - 8:50 PM		Martial Arts Center
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		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		
	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		
	White Shirt (Beginners) (5-10)	6:30 - 7:15 PM		6:30 - 7:15 PM	6:30 - 7:15 PM			
	Yellow Shirt (Advanced) (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		Wrestling Area Building 2
	Yellow Shirt (Advanced) (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		
							9:15 - 10:00 AM (White/ Yellow)	
K-5 Intermediate *	See Instructor -Lt Blue		5:30 - 7:00 PM		5:30 - 7:00 PM			Wrestling Area Building 2
K-5 Advanced *	See Instructor-Red	6:00 - 8:00 PM		6:00 - 8:00 PM				Wrestling Area Building 2
K-5 Advanced *	See Instructor-Red					5:00 - 7:00 PM		Wrestling Area Building 2
Middle School Level 1	Grades 6-8-White Shirt		4:00 - 5:30 PM		4:00 - 5:30 PM			Wrestling Area Building 2
Middle School Level 2	Grades 6-8-Navy Shirt	6:00 - 8:00 PM		6:00 - 8:00 PM		5:00 - 7:00 PM		Wrestling Area Building 2
High School Level 1	Grades 9-12-Black	4:30 - 6:00 PM		4:30 - 6:00 PM		5:00 - 6:30 PM		Wrestling Area Building 2
High School Elite	See Instructor-Black		4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM			Building 4 Wrestling Mats