
		CLASS SCHEDULE			* Indicates an Upper Division Class and Requires Written Coach Approval to Register				
		As Of: March 2020			Billing and Account Information		Membership & Registration Information		
PROGRAM/CLASS		AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LOCATION	
Questions: info@cycmail.org		Indicates a Session Class			(925) 671-7070				
ACADEMIC EXCELLENCE									
Maximum time allowed in AE is 2 hours per day with assignments (homework, projects, studying for a test, etc.) If more time is required please contact the AE Director.									
Tutoring and Studying	Grades: 1 - 6 (6 - 11 Years)	3:00 - 7:00 PM	3:00 - 7:00 PM	3:00 - 7:00 PM	3:00 - 7:00 PM	3:00 - 7:00 PM	3:00 - 7:00 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 - 8:00 PM	3:00 - 8:00 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	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	6:30 - 8:30 PM		
CHEERLEADING									
Beginning	3 - 4 Years				3:15 - 4:00 PM		1:00-1:45 PM	Cheer Floor Bldg 1	
	4 - 5 Years	7:00 - 7:45 PM				6:30 - 7:15 PM	2:00 - 2:45 PM		
	6 - 7 Years		3:30 - 4:15 PM	5:15 - 6:00 PM	7:00 - 7:45 PM	4:00 - 4:45 PM			
				6:00 - 6:45 PM					
	8 - 9 Years			3:30 - 4:15 PM					3:30 - 4:15 PM
		5:15 - 6:00 PM	6:45 - 7:30 PM			7:15 - 8:00 PM			
10 - 18 Years	7:45 - 8:30 PM				4:45 - 5:30 PM				
Strength & Flexibility	6 - 18 Years			7:45 - 8:30 PM					
Flying*	6 - 18 Years						5:15 - 6:00 PM		
Advanced (all ages)*	6 - 18 Years					8:00 - 8:45 PM	4:15 - 5:00 PM		
Back Handspring*	7 - 18 Years			4:15 - 5:00 PM					
S.T.U.N.T Skills	10 - 13 Years		4:15 - 5:15 PM						
S.T.U.N.T Skills	14- 18 Years	4:15 - 5:00 PM							
Tumbling*				5:00 - 6:00 PM					
			7:30 - 8:30 PM	6:00 - 7:00 PM					
Tiny 1*					5:00 - 6:00 PM				
Mini 1*		6:00 - 7:00 PM							
Youth 1*		5:00 - 6:00 PM							
Junior 1*			5:30- 7:00 PM		5:30 - 7:00 PM				
Senior 2*			7:00 - 8:45 PM		7:00 - 8:45 PM				
Senior 4*		7:00 - 8:45 PM		7:00-8:45 PM					
DANCE									
Pre Ballet 1	3 - 4 Years				2:30 - 3:30 PM	2:15 - 3:00 PM		Dance Studio	
Pre Ballet 2	5 - 8 Years			3:00 - 4:00 PM					
Pre Ballet 3	6 - 7 Years						4:30 - 5:15 PM		
Ballet Beginning 1	7 - 9 Years				3:30 - 4:15 PM		5:15 - 6:00 PM		
Ballet Beginning 2	8+ Years						6:00 - 6:45 PM		
Ballet Intermediate*	9+ Years						6:45 - 7:45 PM		
Ballet 2*	8+ Years	5:30 - 6:30 PM							
Ballet 3*	8+ Years		6:00 - 7:00 PM						
Ballet 4/5*	10+ Years			4:00 - 5:30 PM					
Ballet/Jazz Combo	7-12 Years	3:15 - 4:00 PM							
Ballet/Tap Combo	5 - 7 Years		2:00 - 3:00 PM						
Boys Beg Hip Hop	6+ Years		3:00 - 3:45 PM						
Boys Int Hip Hop*	8+ Years		3:45 - 4:30 PM						
Creative Movement	5 - 7 Years						3:00 - 3:45 PM		
Creative Movement	4 - 6 Years	2:30 - 3:15 PM							
Creative Movement	4 - 7 Years			2:15 - 3:00 PM					
Hip Hop Beginning	5+ Years				5:00 - 5:45 PM	3:45 - 4:30 PM			
Hip Hop Intermediate*	8+ Years	4:00 - 4:45 PM							
Hip Hop Advanced*	12+ Years				6:30 - 7:15 PM				
Jazz 1	6 - 14 Years	4:45 - 5:30 PM							
Jazz 2	10 + Years					7:15 - 8:15 PM			
Jazz 3*	10+ Years	6:30 - 7:30 PM							
Jazz 4*	10+ Years			5:30 - 6:30 PM					
Tahitian 1/2	6+ Years				4:15 - 5:00 PM				
Tap 1	6 - 8 Years		4:30 - 5:15 PM						
Tap 2*	8+ Years		5:15 - 6:00 PM						
Tap 3*	10+ Years				5:45 - 6:30 PM				
Urban	7+ Years		7:00 - 7:45 PM	6:30 - 7:30 PM					
GYMNASTICS									
Dyno Level	3 - 5 Years	12:00 - 12:30 PM	11:15 - 11:45 AM	12:00 - 12:30 PM	12:00 - 12:30 PM	12:00 - 12:30 PM	11:15 - 11:45 AM	Gymnastics Area	
		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	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			
	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		5:30 - 6:15 PM			

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PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LOCATION
Skill Level	6 and up	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	Gymnastics Area
		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	
		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	
			7:30 - 8:15 PM				
	13 & up		7:30 - 8:15 PM				
Tumbling Beginner	8 - 16 Years		4:30 - 5:25 PM			3:30 - 4:25 PM	Gymnastics Area
				5:30 - 6:25 PM			
Tumbling Advc. Beg & Int.*	8 - 16 Years				4:30 - 5:25 PM		
					5:30 - 6:25 PM		
Tmbling Advanced*	8 - 16 Years					3:30 - 4:25 PM	
					6:30 - 7:25 PM		
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		Martial Arts Center
Intermediate	11 - 18 Years		8:00 - 9:00 PM		8:00 - 9:00 PM		
White Belts	6 - 18 Years					6:30 - 7:20 PM	
Color Belts	6 - 18 Years					7:30 - 8:30 PM	
SOCCER							
SOCCER	3-4 Years	12:00-12:25 PM		12:00-12:25 PM	12:00-12:25 PM	11:00 - 11:25 AM	Soccer Field
		12:30-12:55 PM	12:30-12:55 PM	12:30-12:55 PM	12:30-12:55 PM	12:00-12:25 PM	
			1:00-1:25 PM			12:30-12:55 PM	
	5-6 Years	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	
	7-8 Years	4:15 - 5:10 PM	4:15 - 5:10 PM	4:15 - 5:10 PM	4:15 - 5:10 PM	4:15 - 5:10 PM	
	9-10 Years	5:15 - 6:25 PM	5:15 - 6:25 PM	5:15 - 6:25 PM	5:15 - 6:25 PM	5:15 - 6:25 PM	
	11-12 Years		6:30 - 7:55 PM		6:30 - 7:55 PM		
	13+ Years	6:30 - 7:55 PM		6:30 - 7:55 PM			
Open Scrimmage	9+ Years					5:15 - 6:25 PM	
Advanced Open Scrimmage	12+ Years					6:30 - 7:30 PM	
Goal Keeping	8+ Years					5:45 - 6:25 PM	
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	Bldg 2- Wrestling Mats
Cardio Circuit	8 - 12 Years	4:30 - 5:20 PM		4:30 - 5:20 PM		4:30 - 5:20 PM	Lifting Area
Sports Conditioning	8 - 12 Years		4:30 - 5:15 PM		4:30 - 5:15 PM		
Advanced Sports Conditioning	13 - 18 Years	5:15 - 6:30 PM		5:15 - 6:30 PM		5:15 - 6:30 PM	
Beginning Strength Training	10 - 14 Years	7:00 - 8:00 PM		7:00 - 8:00 PM		7:00 - 8:00 PM	
Advanced Strength Training*	12 - 18 Years		6:00 - 8:00 PM		6:00 - 8:00 PM		
TAEKWONDO							
Junior Ninja Turtles	4 - 5 Years	3:15 - 3:45 PM	3:15 - 3:45 PM	3:15 - 3:45 PM	3:15 - 3:45 PM	3:15 - 3:45 PM	Martial Arts Center
White Belt	6 and Up	4:00 - 4:50 PM		4:00 - 4:50 PM	4:00-4:50 PM	4:00 - 4:50 PM	Martial Arts Center
			5:00 - 5:50 PM				
		8:00-8:50 PM	7:00-7:50 PM	7:00-7:50 PM	7:00-7:50 PM	7:00-7:50 PM	
Color Belt	6-9 Years		4:00 - 4:50 PM		4:00 - 4:50 PM		
		6:00 - 6:50 PM	5:00 - 5:50 PM	6:00 - 6:50 PM	5:00 - 5:50 PM	6:00 - 6:50 PM	
				7:00 - 7:50 PM			
	10 & up	5:00 - 5:50 PM		5:00 - 5:50 PM		5:00 - 5:50 PM	
		7:00 - 7:50 PM	6:00 - 6:50 PM		6:00 - 6:50 PM		
All Ages (6 - 18 Years)		8:00 - 8:50 PM		8:00 - 8:50 PM		8:00 - 8:50 PM	
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
		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	
		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	
	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	
		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	
K-5 Intermediate *	See Instructor -Lt Blue		5:30 - 7:00 PM		5:30 - 7:00 PM		
Royal Blue *	See Instructor -Royal Blue	6:00 - 7:30 PM		6:00 - 7:30 PM			
K-5 Advanced *	See Instructor-Red	6:00 - 8:00 PM		6:00 - 8:00 PM			
Middle School Level 1	Grades 6-8-White Shirt		4:00 - 5:30 PM		4:00 - 5:30 PM		
Middle School Level 2*	Grades 6-8-Navy Shirt	6:00 - 8:00 PM		6:00 - 8:00 PM		4:00 - 6:00 PM	
High School Level 1	Grades 9-12-Black		4:00 - 5:30 PM		4:00 - 5:30 PM		
High School Level 2*		6:00 - 8:00 PM		6:00 - 8:00 PM		4:00 - 6:00 PM	
High School Elite	See Instructor-Black	4:00 - 6:00 PM		4:00 - 6:00 PM		4:00 - 6:00 PM	