



CLASS SCHEDULE

As Of: May 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
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	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		Martial Arts Center
Beginning	6 - 11 Years		7:00 - 7:50 PM		7:00 - 7:50 PM	6:30 - 8:30 PM		Martial Arts Center
Intermediate	11 and Up		8:00 - 9:00 PM		8:00 - 9:00 PM	(6-18 Years)		Martial Arts Center



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PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION
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		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		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		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		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 5:00-5:50pm		4:00-4:50pm 5:00-5:50pm			Martial Arts Center
		6:00-6:50pm		6:00-6:50pm 7:00-7:50pm				
	10 & up			5:00-5:50pm		5:00-5:50pm		
		7:00-7:50pm	6:00-6:50pm		6:00-6:50pm	6:00-6:50pm 7:00-7:50pm		
Sparring Class	All Color Belts; Ages 6 and Up				4:45 - 5:30 PM			Martial Arts Center
Demo Team	All Color Belts; Ages 6 and Up		4:45 - 5:30 PM					Martial Arts Center
Black Bent & Danbo	See Instructor	6:15 - 7:00 PM						Martial Arts Center
WRESTLING								
K-5 Beginning	White Shirt (Beginners) (5-10) White Shirt (Beginners) (5-10) White Shirt (Beginners) (5-10) White Shirt (Beginners) (5-10) Yellow Shirt (Advanced) (5-10) Yellow Shirt (Advanced) (5-10)	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM 4:30 - 5:30 PM 5:30 - 6:30 PM	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM 4:30 - 5:30 PM 5:30 - 6:15 PM	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM 4:30 - 5:30 PM 5:30 - 6:30 PM	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM 4:30 - 5:30 PM 5:30 - 6:30 PM	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM 4:30 - 5:30 PM 5:30 - 6:30 PM		Wrestling Area Building 2
							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