

Pre-school

Jelly Beans: ages 2-4

(parent participation required)

Tuesday 3:30-4:15

Thursday 6:00-6:45

Junior Gymnasts: ages 4-5

Tuesday 5:00-6:00

Thursday 5:00-6:00

Boys

Boys: ages 6+ (only 12 spaces available)

Conditioning, Strengthening & Tumbling

Tuesday 4:30-5:30

Extras

Homeschool: (PE style class)

Friday 2:00-3:00

OpenGyms:

Saturday: (2nd & 4th) 10:00-11:00

Beginner Ballroom Dancing:

Tuesday: (Event Center) 6:30-7:30
call 931-967-0967 for session schedules

Jiu Jitsu: (Brazilian)

Friday 7:30-8:15

Rec classes

Girls L1:

Tuesday 3:30-4:30

Thursday 6:30-7:30

Girls L2:

Tuesday 5:30-6:30, 6:30-7:30

Thursday 3:30-4:30

Girls L3 & L4:

Tuesday 5:30-6:30

Thursday 5:30-6:30

Friday 4:00-5:00

Teens:

Friday 4:00-5:00

Power Tumbling

Advanced:

Thursday 4:30-5:30

Intermediate:

Thursday 6:30-7:30

Backbend Kickover Clinics:

Saturday: (1st & 3rd) 9:00-11:00

Power Tumbling Team:

Saturday: (1st & 3rd) 11:00-12:30

All Star Amerikids

(All Star Teams are by invitation only) ages 5+

L2 Team:

Thursday 4:30-5:30

L3 Team:

Tuesday 6:30-7:30

Thursday 4:30-5:30

L4 & Up:

Monday 4:00-6:00

Friday 5:00-6:00

If your gymnast would like to "try out" for the All Stars program, please speak with their instructor.

USAG Teams

(pre-team & USAG are by invitation only)

Pre-Team:

Monday 4:00-6:00

Wednesday 4:00-6:00

Friday 4:00-6:00

USAG:

Monday 4:15-7:15

Tuesday 4:15-7:15

Wednesday 4:00-6:00

Parties and Camps!

Birthday parties are year round,
so have your child's party here with us!

Summer camp available for June and July!