



Updated: 05-31-22

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www.gymnastics-central.com

# SCHOOL AGE GYMNASTICS

## LEVEL 1

### 5 & 6 years

Monday	10:45 - 11:30am
	4:00 - 4:45pm
	4:15 - 5:00pm
	5:15 - 6:00pm
	6:45 - 7:30pm
Tuesday	4:00 - 4:45pm
	5:00 - 5:45pm
	6:00 - 6:45pm
	6:45 - 7:30pm
Wednesday	4:00 - 4:45pm
	4:30 - 5:15pm
	6:15 - 7:00pm
	6:30 - 7:15pm
	7:00 - 7:45pm
Thursday	3:30 - 4:15pm
	4:00 - 4:45pm
	6:00 - 6:45pm
Friday	4:00 - 4:45pm
Saturday	9:45 - 10:30am
	10:00 - 10:45am
	10:45 - 11:30am

### 7 - 9 years

Monday	4:15 - 5:15pm
Tuesday	4:15 - 5:15pm
	5:15 - 6:15pm
	5:30 - 6:30pm
	6:45 - 7:45pm
Wednesday	4:00 - 5:00pm
	5:15 - 6:15pm
Thursday	6:15 - 7:15pm
Saturday	10:45 - 11:45am (2)
	11:00 - 12:00pm

## LEVEL 2

### 6 - 8 years

Monday	5:30 - 6:30pm (2)
	6:15 - 7:15pm
Tuesday	4:30 - 5:30pm
	5:45 - 6:45pm
	6:30 - 7:30pm
	7:00 - 8:00pm
Wednesday	4:00 - 5:00pm
	5:00 - 6:00pm
	5:30 - 6:30pm
	6:00 - 7:00pm
Thursday	5:15 - 6:15pm
Saturday	9:00 - 10:00pm

### 9 years & over

Monday	5:00 - 6:00pm
Tuesday	4:00 - 5:00pm
	5:45 - 6:45pm
Wednesday	6:15 - 7:15pm
Saturday	12:00 - 1:00pm

## LEVEL 3

90 Minutes	
Monday	4:00 - 5:30pm
	6:15 - 7:45pm
	6:45 - 8:15pm
Wednesday	6:30 - 8:00pm
Thursday	6:30 - 8:00pm
Friday	5:00 - 6:30pm

## LEVEL 4

90 Minutes	
Wednesday	7:00 - 8:30pm