



CCG Class Schedule

Preschool & Recreational

In-gym Classes	MON	TUES	WED	THURS	FRI	SAT
Parent Participation ("Roo") (ages 0-2)	10:15-11:00 (Roo)			10:15-11:00 (Roo)	9:15-10:00 (roo) 10:15-11:00 (Roo)	10:15-11:00 (Roo)
Preschool (all classes combined) Tiny Tigers (3 yrs) -TT Super Bears (4 yrs) -SB Jumping Monkeys (3-5 yrs)-JM	10:00-11:00 (PS)	10:00-11:00 (PS)	4:00-5:00 (PS)	10:00-11:00 (PS) 4:00-5:00 (PS)	9:00-10:00 (PS) 10:00-11:00 (PS)	10:00-11:00 (PS)
Girls Rec Gymnastics Level A (ages 5-7) -LA Level B (ages 8+) -LB Level C (invite only) -LC Preteam Xcel (ages 9+) -PT Xcel	4:00-5:00 (LA/B)	5:00-6:30 (PT Xcel)	5:00-6:00 (LA/B)	4:00-5:00 (LA/B) 5:00-6:00 (LA/B)	4:00-5:00 (LA/B)	11:00-12:00 (LA/B)
Boys Rec Gymnastics Class A (ages 5-7) -CA Class B (ages 8+) -CB		3:30-4:30 (CA/B)		3:30-4:30 (CA/B)		
Acrobatic Gymnastics (boys & girls) Rec Acro (ages 5+) Preteam Acro (invite only) - PT Acro			Rec Acro(3:15-4:15)			
Trampoline & Tumbling (boys & girls) Beginning (ages 5-7) -BTNT Intermediate (ages 8+) -Int TNT Advanced (invite only) - Adv TNT	3:30-4:30 (all TNT)			3:30-4:30 (all TNT)		
Rec Cheer Performance Cheer (ages 5+) -PC High School Tumble (ages 14+) -HST Cheer Tumble levels 1-5 (skill level) -CT 1-5	4:00-5:00 (PC) 5:00-6:15 (HST) 7:30-9:00 (CT4)	4-5:30 (CT1) 5:30-7:00 (CT2) 7-8:15 (HST)	4:00-5:30 (CT1) 5:30-7:00 (CT3)	4:00-5:30 (CT1) 5:30-7:00 (CT3)		

For more information or if you'd like to enroll in our NEW monthly Zoom Classes or In-Gym classes please contact our office to enroll!

Email us at info@flipforCCG.com or call us at (805)549-8408.

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