



# CCG Virtual Class Schedule

## Preschool & Recreational (changes begin Tues. 6/16)

Class Type	MON	TUES	WED	THUR	FRI	SAT
<b>Preschool</b> (ages 0-5)	9:45-10:15 a	1:30-2:00 p	9:45-10:15 a	2:15-2:45 p		9:15-9:45 a
<b>Rec. Gymnastics</b> (boys & girls ages 5+)	3:15-3:45 p	3:15-3:45 p	3:15-3:45 p	3:15-3:45 p	3:15-3:45 p	
<b>Rec Acro</b> (boys & girls ages 5+)			2:30-3:00 p			
<b>Trampoline &amp; Tumble</b> (boys & girls ages 5+)		4:00-4:30 p				
<b>Advanced Rec Athletes</b> (boys & girls ages 8+)	2:30-3:00 p					
<b>Rec Cheer</b> (ages 5+)	5:00-5:45 p -Jumps 6:00-6:30 p -Yoga	5:00-5:45 p -Full Body 6:00-6:30 p -Flexibility	4:00-4:45 p -Tumble/shapes 5:00-5:45 p -Strength/Cardio	5:00-5:45 p -Dance 6:00-6:45 p -Flyer class	4:00-4:45 p -Tumble/shapes 5:00-5:45 p -Strength/Cardio	

For questions or more information email: [info@iflipforccg.com](mailto:info@iflipforccg.com)