

TIME	BLUE GYM	BLACK GYM	SILVER GYM	STUDIO A	STUDIO B
<b>MONDAY</b>					
3:00PM-4:00PM	OPEN GYM				
4:00PM-5:00PM	INTRO TO FULLS	LAYOUTS			CHEER CONDITIONING
5:00PM-6:00PM		ADVANCED FULLS		JUMP & FLEX	
5:00PM-6:30PM	SENIOR 4 ALL STARS				
5:30PM-6:30PM					TOTAL BODY WORKOUT
6:00PM-7:00PM		BEGINNING			
6:30PM-7:30PM				CYCLE REVOLUTION	
6:30PM-8:00PM	WORLDS ALL STARS				
7:00PM-8:00PM		ADVANCED BEGINNING			
8:00PM-9:00PM	OPEN GYM				
<b>TUESDAY</b>					
3:00PM-4:00PM	OPEN GYM				
4:00PM-5:00PM	ADVANCED TUCKS	INTRO TO TUCKS			
5:00PM-6:00PM		LAYOUTS		TOTALLY TOTS	
5:00PM-6:30PM	JUNIOR 2 ALL STARS				
6:00PM-7:00PM		BASIC BHS		TOTALLY TOTS	IX P90X SHIFT/LIFT INTERVAL TURBO KICK
6:30PM-8:00PM	JUNIOR 3 ALL STARS				
7:00PM-8:00PM		ADVANCED BHS			
8:00PM-9:00PM	OPEN GYM				
<b>WEDNESDAY</b>					
3:00PM-4:00PM	OPEN GYM				
4:00PM-5:00PM	ADVANCED BHS	BASIC BHS		JUMP & FLEX	
5:00PM-6:00PM	MINI/TINY ALL STARS	BEGINNING			CHEER CONDITIONING
6:00PM-7:00PM	INTRO TO TUCKS	ADVANCED BEGINNING		JUMP & FLEX	MASHUP INSANITY & P90X
7:00PM-8:00PM	ADVANCED FULLS	ADVANCED TUCKS			
8:00PM-9:00PM	OPEN GYM				
<b>THURSDAY</b>					
3:00PM-4:00PM	OPEN GYM				
4:00PM-5:00PM	BEGINNING	ADVANCED BEGINNING			
5:00PM-6:00PM	JUNIOR 2 ALL STARS	BASIC BHS		TOTALLY TOTS	
6:00PM-7:00PM	JUNIOR 3 ALL STARS	ADVANCED BHS	SUPER TOTS		MIX P90X SHIFT/LIFT INTERVAL TURBO KICK
7:00PM-8:00PM	INTRO TO FULLS	INTRO TO TUCKS			
8:00PM-9:00PM	OPEN GYM				
<b>FRIDAY</b>					
3:00PM-4:00PM	OPEN GYM				
4:00PM-5:00PM	MINI/TINY ALL STARS	ARIEL TUMBLING CLASS			
5:00PM-6:00PM	SENIOR 4 ALL STARS				
6:00PM-7:00PM	WORLDS ALL STARS				
7:00PM-8:00PM					BASIC TRAINING

<b>TOTALLY TOTS AGES 4-5</b>
TUESDAY 5:00PM-6:00PM
TUESDAY 6:00PM-7:00PM
THURSDAY 5:00PM-6:00PM
<b>SUPER TOTS AGES 4-5</b>
THURSDAY 6:00PM-7:00PM
<b>BEGINNING</b>
MONDAY 6:00PM-7:00PM
WEDNESDAY 5:00PM-6:00PM
THURSDAY 4:00PM-5:00PM
<b>ADVANCED BEGINNING</b>
MONDAY 7:00PM-8:00PM
WEDNESDAY 6:00PM-7:00PM
THURSDAY 4:00PM-5:00PM
<b>BASIC BHS</b>
TUESDAY 6:00PM-7:00PM
WEDNESDAY 4:00PM-5:00PM
THURSDAY 5:00PM-6:00PM
<b>ADVANCED BHS</b>
TUESDAY 7:00PM-8:00PM
WEDNESDAY 4:00PM-5:00PM
THURSDAY 6:00PM-7:00PM
<b>INTRO TO TUCKS</b>
TUESDAY 4:00PM-5:00PM
WEDNESDAY 6:00PM-7:00PM
THURSDAY 7:00PM-8:00PM
<b>ADVANCED TUCKS</b>
TUESDAY 4:00PM-5:00PM
WEDNESDAY 7:00PM-8:00PM

<b>LAYOUTS</b>
MONDAY 4:00PM-5:00PM
TUESDAY 5:00PM-6:00PM
<b>INTRO TO FULLS</b>
MONDAY 4:00PM-5:00PM
THURSDAY 7:00PM-8:00PM
<b>ADVANCED FULLS</b>
MONDAY 5:00PM-6:00PM
WEDNESDAY 7:00PM-8:00PM
<b>JUMP &amp; FLEX</b>
MONDAY 5:00PM-6:00PM
WEDNESDAY 4:00PM-5:00PM
WEDNESDAY 6:00PM-7:00PM
<b>CHEER CONDITIONING</b>
MONDAY 4:00PM-5:00PM
WEDNESDAY 5:00PM-6:00PM
<b>ARIEL TUMBLING CLASS</b>
FRIDAY 4:00PM-5:00PM
<b>OPEN GYMS AGES 6+</b>
MONDAY 3:00PM-4:00PM
MONDAY 8:00PM-9:00PM
TUESDAY 3:00PM-4:00PM
TUESDAY 8:00PM-9:00PM
WEDNESDAY 3:00PM-4:00PM
WEDNESDAY 8:00PM-9:00PM
THURSDAY 3:00PM-4:00PM
THURSDAY 8:00PM-9:00PM
FRIDAY 3:00PM-4:00PM

<b>TINY ALL STARS</b>
WEDNESDAY 5:00PM-6:00PM
FRIDAY 4:00PM-5:00PM
<b>MINI ALL STARS</b>
WEDNESDAY 5:00PM-6:00PM
FRIDAY 4:00PM-5:00PM
<b>JUNIOR 2 ALL STARS</b>
TUESDAY 5:00PM-6:30PM
THURSDAY 5:00PM-6:00PM
<b>JUNIOR 3 ALL STARS</b>
TUESDAY 6:30PM-8:00PM
THURSDAY 6:00PM-7:00PM
<b>SENIOR 4 ALL STARS</b>
MONDAY 5:00PM-6:30PM
FRIDAY 5:00PM-6:00PM
<b>WORLDS ALL STARS</b>
MONDAY 6:30PM-8:00PM
FRIDAY 6:00PM-7:00PM
<b>TOTAL BODY WORKOUT</b>
MONDAY 5:30PM-6:30PM
<b>CYCLING REVOLUTION</b>
MONDAY 6:30PM-7:30PM
MIX: P90X - SHIFT/LIFT INTERVAL - TURBO KICK
6:00PM-7:00PM
<b>MASH-UP OF INSANITY &amp; P90X</b>
WEDNESDAY 6:00PM-7:00PM
MIX: P90X - SHIFT/LIFT INTERVAL - TURBO KICK
THURSDAY 6:00PM-7:00PM
<b>BASIC TRAINING</b>
FRIDAY 7:00PM-8:00PM

**CTA HIGHFLYERS  
SUMMER  
CLASS  
SCHEDULE  
JUNE 8TH - AUGUST 28TH 2020**