

**Cassell Training Center****Gymnastics/Ninja Class List 2022-2023****Monday**

<b>Class Time</b>	<b>Class Description</b>	<b>Teacher</b>
4:00-5:00	Preschool (3-4yrs)	SF
4:30-5:30	Ninja (4-5yrs)	MH
5:00-6:30	Level 1 (8 and Up)	SF
5:30-6:30	A/1 (5-7yrs)	MK
5:30-6:30	Ninja (6-7yrs)	MH
6:30-7:30	A/1 (5-7yrs)	MK
6:30-7:30	Ninja (8-11yrs)	MH
6:30-8:00	Level 1 (8 and Up)	SF

**Tuesday**

<b>Class Time</b>	<b>Class Description</b>	<b>Teacher</b>
4:00-5:00	Preschool (3-4yrs)	MH
5:00-6:00	A/1 (5-7yrs)	MH
5:30-7:00	Level 3	MT
6:00-7:30	Level 2	MH
6:00-7:30	Level 1 (8 and Up)	SF
7:00-8:00	Beginning Tumbling (8 and Up)	MT

**Wednesday**

<b>Class Time</b>	<b>Class Description</b>	<b>Teacher</b>
4:15-5:00	Parent and Tot Gym (18 months - 2 years)	SF
4:00-5:00	Preschool (3-4yrs)	MH
5:00-6:30	Level 1 (8 and Up)	SF
5:00-6:30	Level 2	MH
5:30-6:30	Advanced Beginning Tumbling	HG
5:30-6:30	A/1 (5-7yrs)	MK
6:30-7:30	A/1 (5-7yrs)	MK
6:30-7:30	Intermediate/Advanced Tumbling	HG
6:30-8:00	Level 1 (8 and Up)	SF

**Thursday**

<b>Class Time</b>	<b>Class Description</b>	<b>Teacher</b>
4:30-6:00	Level 1 (8 and Up)	MH
6:00-7:30	Level 2	MH
6:00-7:00	A/1 (5-7yrs)	SF
7:00-8:30	Level 1 (8 and Up)	SF