

# Spring Session 2024

## MONDAYS

- 4PM** Jr hot shots  
Beginner 1  
Jr. ninja
- 5PM** Jr hot shots  
Beginner 2  
Master ninja
- 6PM** Wiggle worms  
Hot shots  
Jr. ninja  
Beginner 1

## TUESDAYS

- 9AM** Jr hot shots
- 10AM** Wiggle worms  
Homeschool ninja  
fitness
- 4PM** Jr. hot shots  
Master Ninja  
Hot shots  
Intermediate  
4-5:30pm
- 5PM** Beginner 1  
Parent mini ninja  
Wiggle Worms
- 6PM** Intermediate/Advanced  
5:30-7pm  
Jr ninja  
Jr Hot Shot

## WEDNESDAYS

- 4PM** Beginner 2  
Parent Mini Ninja  
Beginner 1
- 5PM** Hot shots  
Beginner 1  
Jr ninja  
Parent mini ninja
- 6PM** Wiggle worms  
Hot shots  
Parent mini ninja  
Jr ninja

## THURSDAYS

- 4PM** Jr ninja  
Hot shots  
Beginner 1
- 5PM** Master Ninja  
Beginner 2  
Jr hot shots
- 6PM** Bigger, faster, stronger  
Beginner 1  
Wiggle worms

## FRIDAYS

- 9AM** Wiggle worms  
Parent mini ninja
- 10AM** Jr hot shots
- 4PM** Jr hot shots  
Adaptive
- 5PM** Beginner 1  
Master ninja



**MNFLYERS**  
GYMNASTICS AND FITNESS

Registration opens February 12th @ 8:30am

Spring session starts the week of March 11th