

Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Class Time	SATURDAY
							Devo Team - 8:00-9:55
9:30-10:00	 9:00 - 10:30	Inchworm - IM		Inchworm - IM		9:00-9:40	Caterpillar - KJ Bumble Bee - LM Grass Hopper - NL
9:30-10:10		Rolly Poly - ED Tumble Bugs - MA	Caterpillar - ED Bumble Bee - LA Grass Hopper - JH	Bumble Bee- ED Grass Hopper - MA		9:00-9:55	Cartwheel - IM Flip Flop - AP Alpha Warrior - JH Beta Warrior - ZO
10:15-10:45			Inchworm - ED		 10:00 - 11:30	10:00-10:40	Rolly Poly - AZ Bumble Bee - LM Grass Hopper - KJ
10:15-10:55		Caterpillar - IM Bumble Bee - ED Grass Hopper - MA	Rolly Poly - LA Tumble Bugs - JH	Rolly Poly - IM Tumble Bugs - ED Fire Fly - MA		10:00-10:55	Cartwheel - NL, AP Flip Flop - IM Alpha Warrior - JH Junior Tumbling 1 - ZO
11:00-11:40		Rolly Poly - IM Tumble Bugs - ED	Caterpillar - ED Tumble Bugs - LA	Caterpillar - ED Tumble Bugs - IM		11:00-11:40	Rolly Poly - IM Bumble Bee - LM Grass Hopper - KJ
						11:00-11:55	Cartwheel - NL Flip Flop - AZ Junior Tumbling 1 - ZO Alpha Warrior - JH
12:00-12:55	Homeschool Open Gym 12:30 - 2:00	<u>Homeschool Classes</u> HS Girls Gymnastics HS Ninja Warrior HS Tumble Bugs (AP, IM, MA, JH, ED)	<u>Homeschool Classes</u> HS Girls Gymnastics HS Ninja Warrior HS Tumble Bugs (LA, JH, ED)	<u>Homeschool Classes</u> HS Girl's Gymnastics HS Ninja Warrior HS Tumble Bugs (IM, MA, ED)			
12:05-12:45							
3:00-3:40	Inchworm - IM Caterpillar - LL Tumble Bugs - JH	Rolly Poly - IM Bumble Bee- LL Grass Hopper - JH	Caterpillar - LL Bumble Bee - EA Grass Hopper - JH	HS Girl's Gymnastics - IM, ZO HS Ninja Warrior - JH HS Tumble Bugs - LL			Birthday Parties <u>Saturdays</u> 12:30-2:00 pm 2:30-4:00 pm 4:30-6:00 pm 6:30-8:00 pm <u>Sundays</u> 11:00-12:30 pm 1:00-2:30 pm 3:00-4:30 pm 5:00-6:30 pm
					Xcel Bronze, Silver B: 3:45-5:40 Xcel Silver A, Gold: 4:15-6:10		
3:45-4:40	Cartwheel - AH, KJ Flip Flop/Aerial - TM Alpha Warrior - JH Junior Tumbling 1 - ZO	Cartwheel - IM, EA Flip Flop - LA Alpha Warrior - JH Junior Tumbling - ZO/KJ	Cartwheel - AZ Flip Flop - CH/AL Alpha Warrior - JH Junior Tumbling - ZO Devo Team - 3:45-5:40	Cartwheel - IM, ZO Flip Flop - LA Alpha Warrior - JH Devo Team - 3:45-5:40	Cartwheel - ZO (3:30-4:25) Tumble Bugs - AL (3:45-4:25)		
4:00-4:40	Rolly Poly - IM Bumble Bee - LL Grass Hopper - EA	Caterpillar - AH Bumble Bee - NL Grass Hopper - LL	Rolly Poly - AH Bumble Bee - LL Grass Hopper - EA	Rolly Poly - LL Bumble Bee - AL Grass Hopper - EA			
4:45-5:40	Cartwheel - AH, IM Alpha Warrior - JH Beta Warrior - ZO/KW Xcel Gold: 4:45-6:40	Cartwheel - LL/ZO, IM Flip Flop/Aerial - LA Alpha Warrior - JH Xcel Bronze: 4:30-6:25	Cartwheel - AZ, AH Flip Flop - CH/AL Alpha Warrior - ZO Junior Tumbling - JH	Cartwheel - LL Flip Flop/Aerial - IM Alpha Warrior - ZO Junior Tumbling 1 - KJ	Cartwheel - ZO (4:30-5:25) Tumble Bugs -ED/AL (4:45-5:25)		
5:00-5:40	Rolly Poly - AZ Bumble Bee - LL Grass Hopper - EA	Rolly Poly - AH Bumble Bee - EA, NL	Rolly Poly - LL Bumble Bee - LA Grass Hopper - EA	Bumble Bee - JH Grass Hopper - LA, EA			
5:45-6:40	Cartwheel - EA, LL Flip Flop - LA Alpha Warrior - ZO/KW Junior Tumbling 1 - AZ	Cartwheel - ZO/KJ Beta Warrior - JH Junior Tumbling 1 - LA	Cartwheel - CH/EK, LA, AL Alpha Warrior - ZO	Cartwheel - KJ, EA Flip Flop - LA Alpha Warrior - JH Junior Tumbling 1 - ZO	Cartwheel - ED/AL (5:30-6:25) Alpha Warrior - ZO (5:30-6:25)		
6:00-6:40	Caterpillar - AH Bumble Bee - JH Grass Hopper - ED	Rolly Poly - AH Bumble Bee - NL Grass Hopper - EA	Bumble Bee - AH Grass Hopper - KJ Fire Fly - AZ	Rolly Poly - LL Bumble Bee - IM Grass Hopper - AZ			
6:45-7:40	Cartwheel - LA, KJ Flip Flop/Aerial - AZ Junior Tumbling 1 - JH Alpha Warrior - KW Varsity Tumbling - TM	Cartwheel - AH Flip Flop/Aerial - KJ Alpha Warrior - JH Junior Tumbling 2 - ZO/IM	Cartwheel - LM/AL Flip Flop - CH/LA Alpha Warrior - ZO Varsity Tumbling - AZ	Cartwheel - EA Flip Flop - IM Alpha Warrior - JH Beta Warrior - ZO	 6:30 - 8:30 pm		Parent's Night Out 3rd Saturday of Every Month 6:00 - 10:00 pm
7:00-7:40	Rolly Poly - AH Grass Hopper - EA	Bumble Bee - LL Grass Hopper - EA	Caterpillar - LA Bumble Bee - AH	Caterpillar - AZ Bumble Bee - LL			
		Xcel Silver B: 6:30-8:25	Xcel Silver A, Gold: 6-7:55	Skills Clinic 1st & 3rd Thursday 7:45-8:45			

Tumble Bugs Gymnastics - 6 wx - 5 yrs

Inchworm - (6 Week - 14 Months)
Caterpillar - (14 - 24 Months)
Rolly Poly - (24 - 36 Months)
Bumble Bee - (3 - 4 Years Old)
Grass Hopper - (4 - 5 Years Old)
Fire Fly - (3-5 Years Old - Advanced)
Tumble Bugs - (3-5 Years Old)

Ninja Warrior TnT - Kindergarten & up

Alpha Warrior - (Kindergarten - 8 yrs old)
Beta Warrior - (9 yrs old & up)
Delta Warrior - (Advanced - 6 yrs old & up)

Girls Gymnastics - Kindergarten & up

Cartwheel - (Beginners)
Flip Flop - (Experienced)
Aerial - (Advanced)

Junior Tumbling - Kindergarten & up

Junior Tumbling 1 - (Beginners)
Junior Tumbling 2 - (Advanced)

Varsity Tumbling - Middle School & High School

Varsity Tumbling 1 - (Beginning Tumbling)
Varsity Tumbling 2 - (Advanced Tumbling)

Alpha Omega Gymnastics
8412 Stacy Rd. Suite 100
McKinney, TX 75070

Office Hours

Monday-Friday 9:15a - 7:40p
Saturday 9a - 2:30p
Sunday Closed

469-859-9936

AH		Ava Hutchinson
AP		Addy Puckett
AZ		Abi Zepeda
CH		Carole Harless
EA		Emma Alexander
ED		Elizabeth Dunham
IM		Imari Mitchell
JT		Jenn Taylor
JH		John Hinton
KJ		Kenzie Jones
MA		Michael Alexander
KW		Kyler Wolfe

NL		Naomi Lovelace
TM		Ty Montgomery
ZO		Zach Ogle
LM		Lexi Moore-Harriman
LL		Lucie Lopez
LA		Lyrik Anderson
AL		Avery Labbe
EK		Elliana Kovacs

Alden Bishop, Emerson Meeks,
Carsyn Greiner, Harrison Olive,
Titus Vipperman

Allie Bouchez - Program Director
Linda Sult - Director of Accounts
Erin Alexander - Director of Marketing/Front Desk
Shannon Goodgame - Front Desk
Rebekah Lovelace - Front Desk

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