

Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Class Time	SATURDAY
9:00-9:45						9:00-9:40	Rolly Poly - Tumble Bug -
9:00-10:00						9:00-9:55	Cartwheel - Ninja Warrior -
9:30-10:00		Inchworm -				10:00-10:40	Rolly Poly - Tumble Bug -
9:30-10:10		Tumble Bug -	Rolly Poly - Tumble Bug -			10:00-10:55	Cartwheel - Ninja Warrior -
10:15-10:45			Inchworm -			11:00-11:40	Tumble Bug -
10:15-10:55		Rolly Poly - Tumble Bug -	Tumble Bug -			11:00-11:55	Cartwheel - Ninja Warrior - Junior Tumbling -
12:00-12:55	Homeschool Open Gym	<u>Homeschool Classes</u> HS Girls Gymnastics HS Ninja Warrior	<u>Homeschool Classes</u> HS Girls Gymnastics HS Ninja Warrior				
12:05-12:45	12:30-2:00 pm	HS Tumble Bugs	HS Tumble Bugs				

3:45-4:40	Cartwheel - Ninja Warrior -	Cartwheel - Ninja Warrior -	Cartwheel - Junior Tumbling -	Cartwheel - Junior Tumbling -	Cartwheel -
3:50-4:30	Rolly Poly - Tumble Bug -	Bumble Bee - Grass Hopper -	Rolly Poly - Tumble Bug -	Rolly Poly - Tumble Bug -	Tumble Bug -
4:45-5:40	Cartwheel - Junior Tumbling -	Cartwheel - Ninja Warrior -	Cartwheel - Ninja Warrior -	Cartwheel - Junior Tumbling -	Cartwheel -
4:50-5:30	Bumble Bee - Grass Hopper -	Rolly Poly - Tumble Bug -	Rolly Poly - Tumble Bug -	Bumble Bee - Grass Hopper -	Tumble Bug -
5:45-6:40	Cartwheel - Ninja Warrior -	Cartwheel - Ninja Warrior - Junior Tumbling -	Cartwheel - Junior Tumbling -	Cartwheel - Ninja Warrior -	Cartwheel - Ninja Warrior -
5:50-6:30	Rolly Poly - Tumble Bug -	Tumble Bug -	Bumble Bee - Grass Hopper -	Rolly Poly - Tumble Bug -	
6:45-7:40	Cartwheel - Junior Tumbling - Varsty Tumbling -	Cartwheel - Junior Tumbling - Varsty Tumbling -	Cartwheel - Ninja Warrior - Junior Tumbling -	Cartwheel - Ninja Warrior -	
6:50-7:30	Tumble Bug -	Rolly Poly -	Tumble Bug -	Rolly Poly - Tumble Bug -	
7:45-8:45	Varsty Tumbling -		Varsty Tumbling -	Skills Clinic 1st & 3rd Thursday 7:45-8:40	

Birthday Parties

Saturdays
12:30-2:00 pm
2:30-4:00 pm
4:30-6:00 pm
6:30-8:00 pm

Sundays
11:00-12:30
1:00-2:30
3:00-4:30
5:00-6:30

alpha omega
gymnastics etc.

Parent's Night Out

2nd Saturday of Every Month 6:00 - 10:00 pm

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)

Varsty Tumbling - Middle School & High School
Varsity Tumbling 1 - (Beginning Tumbling)
Varsity Tumbling 2 - (Advanced Tumbling)

Alpha Omega Gymnastics
1250 S. Oklahoma Dr.
Celina, TX 75009

Office Hours
Monday 12p - 7:30p
Tuesday-Friday 9a - 7:30p
Saturday 9a - 12p

469-859-9936

Instructors

Allie Bouchez - Program Director
Linda Sult - Director of Accounts
Erin Alexander - Director of Marketing/Front Desk

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