



Class Schedule 2019

Little Dippers

Boys & Girls ages 2 - 3 1/2

Monday

4:00-4:45pm
5:00-5:45 pm
6:15-7:00 pm

Tuesday

3:00-3:45 pm
4:00-4:45 pm
5:00-5:45 pm
6:15-7:00 pm

Wednesday

9:00-9:45 am
10:00-10:45 am
11:00-11:45 am

Thursday

4:00-4:45 pm
5:00-5:45 pm
6:15-7:00 pm

Saturday

9:00-9:45 am
10:00-10:45am



Big Dippers

Boys & Girls ages 3 1/2 - 5

Monday

3:00-4:00 pm
4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Tuesday

3:00-4:00 pm
4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Wednesday

9:00-10:00 am
10:00-11:00 am
11:00-12:00 pm

Thursday

4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Friday

4:00-5:00 pm

Saturday

10:00-11:00 am



\$78 per month

Boys Ninja

Boys Ages 5 & Up



Monday

4:00-5:00 pm
5:00-6:00 pm

Tuesday

4:00-5:00 pm
5:00-6:00 pm

Thursday

5:00-6:00 pm
6:15-7:15 pm

Girls Gymnastics

Ages 5 & Up

GIRLS GYMNASTICS

Ages 5 & up

Monday

3:00-4:00 pm
Tuesday

3:00-4:00 pm
7:15-8:15 pm

Wednesday

4:00-5:00 pm

Thursday

7:15-8:15 pm

Friday

4:00 - 5:00 pm



RISING STARS

Ages 5-7

Monday

4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Tuesday

4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Thursday

4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Saturday

9:00-10:00 am

SHOOTING STARS

Ages 8 & up

Monday

4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Tuesday

4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Thursday

4:00-5:00 pm
5:00-6:00 pm
6:15-7:15 pm

Saturday

9:00-10:00 am

Cheer Tumbling

Boys & Girls Ages 8 & Up

Monday

4:00 - 5:00 pm
5:00 - 6:00 pm
6:15 - 7:15 pm

Tuesday

4:00 - 5:00 pm
5:00 - 6:00 pm
6:15 - 7:15 pm
7:15 - 8:15 pm

Thursday

4:00 - 5:00 pm
5:00 - 6:00 pm
6:15 - 7:15 pm

Friday

4:00 - 5:00 pm



While our TUMBLING Classes are PERFECT for Cheerleaders and aspiring cheerleaders. We approach tumbling from a gymnastics perspective. That means you're going to learn EXCELLENT technique, from well trained, well qualified instructors. We're certain your daughter / son will notice a difference!



1932 Almadale Road
Smyrna, TN 37167

All Star Girls Team

Level 2 (\$78 per month)

Mon: 7:15-8:15 pm

Tues: 7:15-8:15 pm

Wed: 3:30-4:30 pm

Wed: 4:00-5:00pm

Wed: 5:30-6:30pm

Wed: 6:30-7:30 pm

Thurs:7:15-8:15pm

Fri: 3:30-4:30pm

Fri: 5:00-6:00pm

Sat: 10:00-11:00 am

Level 3 & Up (\$147 per month)

Wed: 4:30-6:30 pm **AND**

Sat: 11:00am-12:00

Or...

Mon: 7:15-8:15 pm **AND**

Wed: 6:30-8:30 pm

Or...

Fri: 4:30- 6:30 pm **AND**

Tues: 7:15-8:15 pm **OR** Thurs: 7:15-8:15 pm

