

Year-Round Class Schedule		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday	
TODDLER AGE	Parent & Me Gymnastics (age 1-4)		12-12:45 PM		2-2:45 PM		5-5:45 PM	9-9:45 AM	4-4:45 PM		12-12:45 PM		10-10:45 AM	
	Parent & Me In Motion (age 1-4)		1-1:45 PM	9-9:45 AM		9-9:45 AM			2-2:45 PM		1-1:45 PM 5-5:45 PM	12-12:45 PM		
	Parent & Me Ninja (age 1-4)				12-12:45 PM		1-1:45 PM		1-1:45 PM		2-2:45 PM	11-11:45 AM		
	Tumble Tots (age 2-3)	9-9:45 AM					12-12:45 PM	11-11:45 AM				2-2:45 PM	1-1:45 PM	
	*PreK Gymnastics (age 3-5)		2-2:45 PM 4-4:45 PM	11-11:45 AM	6-6:45 PM		2-2:45 PM 4-4:45 PM			5-5:45 PM	9-9:45 AM	6-6:45 PM	11-11:45 AM	3-3:45 PM
	Ninjanastics (age 3-5)	11-11:45 AM	6-6:45 PM		1-1:45 PM 5-5:45 PM	11-11:45 AM			12-12:45 PM 4-4:45 PM	11-11:45 AM			9-9:45 AM	9-9:45 AM
SCHOOL AGE	*Intro to Gymnastics (age 5+)		4-4:55 PM		5-5:55 PM		4-4:55 PM			6-6:55 PM		5-5:55 PM	11-11:55 AM	9-9:55 AM
	*Beginner Gymnastics (age 6+)		5-5:55 PM		4-4:55 PM		5-5:55 PM			5-5:55 PM		6-6:55 PM	9-9:55 AM	11-11:55 AM
	*Intermediate Gymnastics (age 6+)		7-7:55 PM		6-6:55 PM		6-6:55 PM							10-10:55 AM
	*Advanced Gymnastics (age 8+)		6-6:55 PM		7-7:55 PM									
	*XCEL Gymnastics (age 6+) (2 classes/week)		7-7:55 PM							7-7:55 PM		7-7:55 PM	3-3:55 PM	
	*Intro to Tumbling (age 5+)		5-5:55 PM		4-4:55 PM							4-4:55 PM	12-12:55 PM	
	*Flips and Tricks (age 6+)		6-6:55 PM		6-6:55 PM					6-6:55 PM			11-11:55 AM	11-11:55 AM
	*Advanced Tumble (age 6+)						7-7:55 PM		7-7:55 PM		7-7:55 PM			12-12:55 PM
	*Elite Tumble (age 8+)				7-7:55 PM									
	Stars Cheer (age 5+)				5-5:55 PM		6-6:55 PM							
	Warrior 1 (age 5-8)		5-5:55 PM		7-7:55 PM						5-5:55 PM		1-1:55 PM	2-2:55 PM
	Warrior 2 (age 8+)						7-7:55 PM			6-6:55 PM				

For all Tumble Tot , PreK, and Ninjanastics classes students must be independent in class.
EPCFA is not certified to teach Special Needs children.

*Classes marked with a * require a leotard
5/16/26