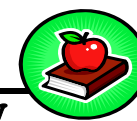
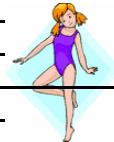
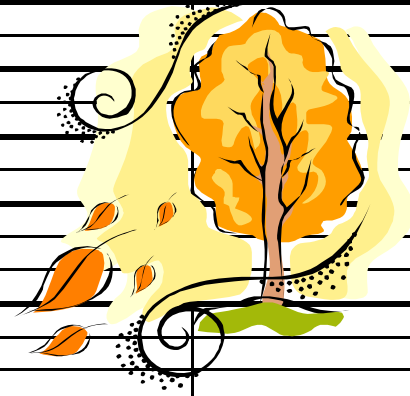






FGC Fall 2008 Class Schedule - GYM A



Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Jumble Jungle 12 months to 6 years</i>						
Climbin' Cubbies 12 - 24 mo. - 45 min.	6:30 - 7:15		9:30 - 10:15	3:30 - 4:15		
Zippin' Zebras 24 - 36 mo. - 45 min.		10:30 - 11:15 5:30 - 6:15			10:30 - 11:15	
Stompin' Elephants 3 years 45 minutes	3:30 - 4:15 4:30 - 5:15 6:30 - 7:15	9:30 - 10:15 2:00 - 2:45 3:30 - 4:15 5:30 - 6:15 6:30 - 7:15	4:30 - 5:15 5:30 - 6:15 6:30 - 7:15	9:30 - 10:15 4:30 - 5:15 5:30 - 6:15	9:30 - 10:15	9:30 - 10:15
Leapin' Lions 4 years 45 minutes	3:30 - 4:15 4:30 - 5:15 5:30 - 6:15	9:30 - 10:15 2:00 - 2:45 4:30 - 5:15 5:30 - 6:15 6:30 - 7:15	9:30 - 10:15 4:30 - 5:15 6:30 - 7:15	3:30 - 4:15 4:30 - 5:15 5:30 - 6:15 6:30 - 7:15	10:30 - 11:15	9:30 - 10:15
Swingin' Monkeys 5 - 6 yrs (Kindergarten) 1 Hour	4:30 - 5:30 5:30 - 6:30	10:30 - 11:30 1:45 - 2:45 3:30 - 4:30 4:30 - 5:30 6:30 - 7:30	3:30 - 4:30 5:30 - 6:30	9:30 - 10:30 5:30 - 6:30 6:30 - 7:30		9:30 - 10:30
<i>Frisco Gymnastics 1st Grade and Up</i>						
Rising Stars Beginner - 1hr	3:30 - 4:30 4:30 - 5:30 5:30 - 6:30 6:30 - 7:30	4:30 - 5:30		4:30 - 5:30 6:30 - 7:30		11:45 - 12:45 (Gym B)
Shining Stars Adv. Beginner - 1hr	5:30 - 6:30 6:30 - 7:30	6:30 - 7:30		6:30 - 7:30		11:45 - 12:45 (Gym B)
Shooting Stars Intermediate - 1 hr	3:30 - 4:30	5:30 - 6:30				
Super Stars Beg. Advance - 2 hr				5:30 - 7:30		
Silver Stars Int. Adv. - 2 hr	Will be added in Spring 09					
Gold Stars Adv. - 2 hr	Will be added in Spring 09					
Beg. Boys - 1hr Int. Boys - 1hr Boys Fitness	3:30 - 4:30		3:30 - 4:30			
Home School PS Home School Girls Home School Boys				2:00 - 2:45 1:45 - 2:45 1:45 - 2:45		



FGL Fall 2008 Class Schedule - GYM B

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Frisco Gymnastics Advanced Levels</i>						
Jump & Tumble 1 1 Hour						9:30 - 11:30 11:30 - 12:30
Jump & Tumble 2 1 Hour						10:30 - 11:30
Weekly Flip Clinics Sign Up / Tuition - based weekly					4:30 - 5:30	
Teen Tumble 1 Hour		7:30 - 8:30				
Tramp & Tumble 1 1 Hour	3:30 - 4:30	6:30 - 7:30			3:30 - 4:30	
Tramp & Tumble 2 1 Hour		5:30 - 6:30				
Tramp & Tumble 3 1 Hour						
<i>Adult Fitness Classes</i>						
Tramp & Tumble	7:30 - 8:30				9:30 - 10:30	
Invitation Only Programs - Team Frisco - High Flyers						
Flippin' Frogs - 1 hr		4:30 - 5:30		4:30 - 5:30		
Mini Hot Shots	4:30 - 6:30		4:30 - 6:30			
Mighty Hot Shots		4:00 - 6:30		4:00 - 6:30		
TOPS Training					4:30 - 5:30	
Black Team - 9 hr	4:30 - 7:30	4:30 - 6:30			4:30 - 8:30	
Blue Team - 12 hr	4:30 - 7:30	4:30 - 6:30	4:30 - 7:30		4:30 - 8:30	
Mini T & T		3:30 - 5:00		3:30 - 5:00		
Levels 2 - 4						
Mighty T & T	5:00 - 7:30			5:00 - 7:30		
Levels 5 - 6						
T & T Team	5:00 - 7:30				5:30 - 8:30	
Levels 7 - 10						
Team Open Gym						9:30 - 11:30 (TBA)

Updated July 08



Frisco Taekwondo