

# Ohana Gymnastics

## Program Schedule

|                        | Monday                                                                                                                            | Tuesday                                                   | Wednesday                                                                                                 | Thursday                                                                 | Friday                                                            | Saturday                                                  |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------|
| Parent Tot & Preschool |                                                                                                                                   | <b>Parent &amp; Tot</b><br>9:00-9:45am                    | <b>Parent &amp; Tot</b><br>9:00-9:45am                                                                    |                                                                          | <b>Parent &amp; Tot</b><br>9:00-9:45am                            | <b>Parent &amp; Tot</b><br>10:00-10:45am                  |
|                        | <b>Preschool</b><br>11:00-11:45am<br>3:00-3:45pm                                                                                  | <b>Preschool</b><br>10:00-10:45am<br>3:00-3:45pm          | <b>Preschool</b><br>10:00-10:45am<br>11:00-11:45am<br>3:00-3:45pm                                         | <b>Preschool</b><br>3:00-3:45pm                                          | <b>Preschool</b><br>10:00-10:45am<br>11:00-11:45am<br>3:00-3:45pm | <b>Preschool</b><br>11:00-11:45am<br>12:00-12:45pm        |
| Beginner               | <b>Homeschool Girls</b><br>10:00-11:00am<br><b>Homeschool Boys</b><br>10:00-11:00am<br><b>Girls</b><br>4:00-5:00pm<br>6:30-7:30pm | <b>Boys</b><br>4:00-5:00pm<br><b>Girls</b><br>4:00-5:00pm | <b>Homeschool Girls</b><br>10:00-11:00am<br>11:00am-12:00pm<br><b>Girls</b><br>4:00-5:00pm<br>6:30-7:30pm | <b>Boys</b><br>4:00-5:00pm<br><b>Girls</b><br>4:00-5:00pm<br>5:30-6:30pm | <b>Girls</b><br>4:00-5:00pm<br>5:15-6:15pm                        | <b>Girls</b><br>1:00-2:00pm<br>2:15-3:15pm<br>3:30-4:30pm |
|                        |                                                                                                                                   |                                                           |                                                                                                           | <b>Coed Tumbling</b><br>6:30-7:30pm                                      | <b>Coed Tumbling</b><br>6:15-7:15pm                               | <b>Coed Tumbling</b><br>1:00-2:00pm                       |
| Inter.                 | <b>Girls</b><br>5:15-6:30pm                                                                                                       | <b>Boys</b><br>5:15-6:30pm                                | <b>Girls</b><br>5:15-6:30pm                                                                               |                                                                          | <b>Girls</b><br>5:15-6:30pm                                       | <b>Girls</b><br>2:15-3:30pm                               |
| Adv.                   |                                                                                                                                   | <b>Girls</b><br>5:15-6:45pm                               |                                                                                                           |                                                                          |                                                                   | <b>Girls</b><br>3:30-5:00pm                               |

Updated 07/22/2026