



athletics

Gymnastics Ninja Zone RUSH Athletics Cheer

2845 Thornhills Ave. (616) 957-4900
www.r-athletics.com gym@r-athletics.com

3/4 Year Olds

<u>Monday</u>	
9:20 - 10:05	
10:20 - 11:05	
11:20 - 12:05	
1:20 - 2:05	
2:20 - 3:05	
<u>Tuesday</u>	
9:20 - 10:05	
10:20 - 11:05	
11:20 - 12:05	
1:20 - 2:05	
<u>Wednesday</u>	
9:20 - 10:05	
10:20 - 11:05	
11:20 - 12:05	
1:20 - 2:05	
<u>Thursday</u>	
9:20 - 10:05	
10:20 - 11:05	
11:20 - 12:05	
1:20 - 2:05	

4/5 Year Olds

<u>Monday</u>	
9:20 - 10:05	
1:20 - 2:05	
2:20 - 3:05	
3:20 - 4:05	
<u>Tuesday</u>	
9:20 - 10:05	
1:20 - 2:05	
3:20 - 4:05	
**4:20 - 5:05	
**5:20 - 6:05	
**6:20 - 7:05	
<u>Wednesday</u>	
9:20 - 10:05	
10:20 - 11:05	
11:20 - 12:05	
1:20 - 2:05	
2:20 - 3:05	
3:20 - 4:05	
**4:20 - 5:05	
**5:20 - 6:05	
**6:20 - 7:05	
<u>Thursday</u>	
10:20 - 11:05	
1:20 - 2:05	
2:20 - 3:05	
3:20 - 4:05	
**4:20 - 5:05	
**5:20 - 6:05	
**6:20 - 7:05	
<u>Saturday</u>	
**9:20 - 10:05	
**10:20 - 11:05	
**11:20 - 12:05	

Level 1

<u>Monday</u>	
3:00 - 3:55 (Level 1/2)	
<u>Tuesday</u>	
3:00 - 3:55 (Level 1/2)	
4:30 - 5:25	
<u>Wednesday</u>	
1:50 - 2:45 (Level 1/2)	
4:30 - 5:25	
5:40 - 6:35	
<u>Thursday</u>	
3:00 - 3:55 (Level 1/2)	
4:30 - 5:25	
<u>Saturday</u>	
9:30 - 10:25	
10:40 - 11:35	
1:00 - 1:55	

Level 2

<u>Monday</u>	
3:00 - 3:55 (Level 1/2)	
<u>Tuesday</u>	
3:00 - 3:55 (Level 1/2)	
5:40 - 6:35	
<u>Wednesday</u>	
1:50 - 2:45 (Level 1/2)	
6:50 - 7:45	
<u>Thursday</u>	
1:50 - 2:45 (Level 2/3)	
3:00 - 3:55 (Level 1/2)	
5:40 - 6:35	
6:50 - 7:45	
<u>Saturday</u>	
9:30 - 10:25	
11:50 - 12:45	
1:00 - 1:55 (9+)	

Level 3

<u>Tuesday</u>	
6:50 - 7:45	
<u>Thursday</u>	
1:50 - 2:45 (Level 2/3)	
<u>Saturday</u>	
9:30 - 10:25	
11:50 - 12:45	

Level 3 Advanced & Level 4/5

<u>Monday</u>	
6:30 - 8:30	
<u>Wednesday</u>	
6:30 - 8:30	
<u>Thursday</u>	
6:30 - 8:30	

Rollin Ninja 3/4 Year Olds

<u>Monday</u>	
10:20 - 11:05	
11:20 - 12:05	
<u>Tuesday</u>	
10:20 - 11:05	
11:20 - 12:05	
<u>Thursday</u>	
9:20 - 10:05	
11:20 - 12:05	

Rollin Ninja 4/5 Year Olds

<u>Monday</u>	
2:20 - 3:05	
3:20 - 4:05	
<u>Tuesday</u>	
2:20 - 3:05	
3:20 - 4:05	
**4:20 - 5:05	
<u>Wednesday</u>	
2:20 - 3:05	
3:20 - 4:05	
<u>Thursday</u>	
2:20 - 3:05	
3:20 - 4:05	
**5:20 - 6:05	
<u>Saturday</u>	
**9:20 - 10:05	
**10:20 - 11:05	
**11:20 - 12:05	
**12:20 - 1:05	

Ninja Zone Girls

<u>Tuesday</u>	
4:30 - 5:25	

Ninja Zone White

<u>Tuesday</u>	
1:50 - 2:45	
5:40 - 6:35	
<u>Wednesday</u>	
6:50 - 7:45	
<u>Saturday</u>	
10:40 - 11:35	
11:50 - 12:45	

Ninja Zone

Yellow/Green

<u>Tuesday</u>	
6:50 - 7:45	
<u>Thursday</u>	
6:50 - 7:45	
<u>Saturday</u>	
1:00 - 1:55	

**Programs
Returning
Soon!**

2Y/O Parent Tot

Warrior Club

Cheerleading

Open Gyms

Birthday Parties

Special Events

Session 6

**Oct. 26 -
Dec. 19**

Billing Date:
October 18th

****Classes in bold begin week of Oct. 12**