



Mighty Munchkins

For Boys & Girls age 12 months to 5 years. Focus is on flexibility, body awareness and coordination through basic gymnastics, games and movement to music. Student-Coach ratios are 4:1 for age 2, 6:1 for age 3,4 and 8:1 for age 4,5.

40 minute classes	MON	TUE	THUR	SAT
Parent & Tot Ages 12mo-3yr				10:00am
Mighty Munchkin Ages 2 and 3	5:45pm	4:15pm	4:15pm	10:45am
Mighty Munchkin Age 3 and 4	4:15pm	5:00pm	5:00pm	
Mighty Munchkin Age 4 and 5	6:30pm	5:45pm	5:45pm	9:15am



Trampoline & Tumble

For Girls & Boys. Learn skills on the floor & trampoline. A cartwheel is required for Intermediate Level, standing Back Handspring required for Advanced Level. No equipment practice.

55 minute classes	MON	WED
Intermediate 7yrs + Skills Req.	7:00pm	
Advanced 7yrs + Skills Req.		7:00pm



Boys Gymnastics & Ninja

For boys ages 5+ builds strength, speed, coordination & gymnastics skills through obstacle courses and drills. **And includes Ninja equipment & skills!** 🔥 **New!** Student-Coach ratio is 10:1

55 minute classes	WED	SAT
5 years+	6:00pm	11:30am



Girls Gymnastics

For girls 5 and older. New students start with Level 1 and as they acquire skills they progress to the next level. Gymnastics builds strength, flexibility, coordination, confidence and self-esteem. **And includes Ninja equipment & skills!** 🔥 **New!** Take more than one class a week to progress faster! Student-Coach ratio is 10:1

55 minute classes	MON	TUES	WED	THURS	SAT
Levels 1, 2, 3	4:00pm 5:00pm 6:00pm 7:00pm	4:00pm 6:15pm 7:15pm (ages 8+)	4:00pm 5:00pm 6:00pm 7:00pm	4:00pm 6:15pm	10:00am 11:00am
Levels 4,5,6		6:15pm 7:15pm (ages 8+)	5:00pm		9:00am
Level 1-8		7:15pm (ages 8+)			
Levels 4-10	6:00pm		6:00pm		



Invitational Programs

Girls in Eagles' Mighty Munchkin and Levels programs may be invited into one of our advanced programs. Girls in these invitational programs must take twice a week.

	MON	TUE	WED	THUR
Hot Shots 40 min	5:00pm		5:15pm	6:30pm
Mini Stars 85 min		6:00pm		6:00pm
Stars 55 min	4:00pm	5:00pm	4:00pm	5:00pm
Shooting Stars 70 min	5:00pm	5:00pm	4:00pm	5:00pm