

**Metropolitan SPRING Schedule**  
**6822 S. 190<sup>th</sup> St Kent, Wa 98032 425-282-5010**

**Pre-School Gymnastics**

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mom &amp; Tot</b> Up to 3 years old 45 minutes		10 am		11:15 am		9:15 am
<b>Kipsters</b> 3-4 year olds 45 minutes	6:30 pm		10 am	10:30 am 4:30 pm		9 am
<b>Kangaroos</b> 4-5 year olds 55min	5:30 pm	11 am	11 am	5:30 pm		10 am

**School-Age Girls Gymnastics**

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Beg. Girls</b> 6-9 years 55min	4:30 pm 5:30 pm	4:00 pm	4:00pm 5:30pm 6:30 pm	4:30 pm 7:00pm		10 am 11 am
<b>Beg. Girls</b> 10-13 years 55min		5:00 pm	6:30 pm	7:00 pm		11 am
<b>Inter. Girls</b> 7-14 yrs 1.5 hours	6:30 pm	6:00 pm	5:00 pm	5:30 pm		12 pm
<b>Rec Opt</b> Invite Only 2hrs/*2.5hrs/**3hrs	6:00 pm	*6:00 pm **5:30 pm		*6:00 pm **5:30 pm		10 am
<b>Jr/Sr High</b> 15-18 yrs 2 hours		7:00 pm		7:00 pm		

**School-Age Boys Gymnastics**

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Little Guys</b> 3-4 year olds 45min		4:15 pm		4:15 pm		
<b>Beg. Boys</b> 5-6 year olds 55min	6:00 pm	5:00 pm	6:00 pm	5:00 pm		
<b>Adv. Beg. Boys</b> 7-12 year olds 55min	7:00 pm	6:00 pm	7:00 pm	6:00 pm		
<b>Jr/Sr High Boys</b> 13-17 years 2 hours		7:00 pm		7:00 pm		

**Other Programs**

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cheer Tumbling</b> 14-18 year olds 55 minutes			8 pm			
<b>Adult Tumbling</b> 18+ Years 2 hours	7 pm					
<b>Movers and Groovers-special needs</b>		2 pm 3 pm	2 pm 3 pm			

**Circus Classes**

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Children's Circus</b>				2 pm		
<b>*NEW*Trampoline</b> *see link for details					4-8pm 1hr per age	

**\*OPEN AERIAL WORKOUT IS AVAILABLE SATURDAY 9am to 11am\***