

FREE TRIAL!  
839-4494

# HAWAIIAN ISLAND TWISTERS RECREATION CLASS SCHEDULE

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|                           |                         | CLASS NAME              |                                  | AGES       | MONDAY                                                     | TUESDAY                    | WEDNESDAY                    | THURSDAY                   | FRIDAY                     | SATURDAY                                                   | SUNDAY                                                        |                               |
|---------------------------|-------------------------|-------------------------|----------------------------------|------------|------------------------------------------------------------|----------------------------|------------------------------|----------------------------|----------------------------|------------------------------------------------------------|---------------------------------------------------------------|-------------------------------|
| <b>GYMNASIICS CLASSES</b> | <b>BEGINNERS</b>        | <b>Parent &amp; Tot</b> | Boys/Girls                       | 1 to 3     | 10:00 - 10:45                                              | 6:15 - 7:00                | 10:00 - 10:45<br>6:15 - 7:00 |                            |                            | 8:30 - 9:15<br>9:15 - 10:00                                | 9:00 - 9:45<br>10:00 - 10:45                                  |                               |
|                           |                         | <b>Pre-School</b>       | Boys/Girls                       | 3 to 5     | 11:00 - 11:45<br>4:00 - 4:45<br>5:00 - 5:45<br>6:00 - 6:45 | 4:15 - 5:00<br>5:15 - 6:00 | 11:00 - 11:45<br>5:30 - 6:15 | 4:45 - 5:30<br>6:00 - 6:45 | 4:15 - 5:00<br>5:15-6:00   | 10:00 - 10:45<br>11:00 - 11:45<br>12:00-12:45              | 11:00 - 11:45<br>12:00 - 12:45<br>1:00 - 1:45                 |                               |
|                           |                         | <b>Mini-Bounders</b>    | Girls                            | 5 to 6     | 4:00 - 5:00<br>6:00 - 7:00                                 | 5:00 - 6:00                | 5:00 - 6:00                  | 3:00 - 4:00<br>5:00 - 6:00 | 4:30 - 5:30<br>6:00 - 7:00 | 9:00 - 10:00<br>11:00 - 12:00<br>12:00 - 1:00<br>1:00-2:00 | 10:00 - 11:00<br>11:00 - 12:00<br>12:00 - 1:00                |                               |
|                           |                         | <b>Bounders</b>         | Girls                            | 7+         |                                                            |                            |                              |                            |                            | 5:30 - 6:30                                                | 9:00 - 10:00<br>12:30 - 1:30                                  | 11:00 - 12:00                 |
|                           |                         | <b>Mini-Bounders</b>    | Boys                             | 5 to 6     | 3:30 - 4:30                                                |                            |                              | 4:00 - 5:00                |                            | 4:00 - 5:00                                                | 10:00 - 11:00<br>1:00 - 2:00                                  | 1:30 - 2:30                   |
|                           |                         | <b>Bounders</b>         | Boys                             | 7+         |                                                            |                            |                              | 4:00 - 5:00                |                            |                                                            | 9:00 - 10:00                                                  | 11:30 - 12:30                 |
|                           | <b>PRE-INTERMEDIATE</b> | <b>Mini-Flyers</b>      | Girls                            | 5 & 6      | 5:00 - 6:00                                                |                            |                              | 3:00 - 4:00                | 4:00 - 5:00                | 5:30 - 6:30                                                | 9:00 - 10:00<br>10:00 - 11:00<br>11:00 - 12:00<br>2:00 - 3:00 | 12:00 - 1:00<br>1:00 - 2:00   |
|                           |                         | <b>Flyers</b>           | Girls                            | 7+         | 6:00 - 7:00                                                | 6:00 - 7:00                |                              |                            | 6:00 - 7:00                | 4:30 - 5:30                                                | 10:00 - 11:00                                                 | 11:00 - 12:00<br>2:00-3:00    |
|                           | <b>INTERMEDIATE</b>     | <b>Mini-Flip Flops</b>  | Girls                            | 5 to 7     | 4:30 - 6:00                                                |                            |                              | 4:00 - 5:30                | 5:30 - 7:00                |                                                            | 9:00 - 10:30<br>12:30 - 2:00                                  | 2:00 - 3:30                   |
|                           |                         | <b>Flip Flops</b>       | Girls                            | 7+         |                                                            | 4:30 - 6:00                |                              |                            | 3:00 - 4:30                | 4:30 - 6:00                                                | 10:30 - 12:00<br>12:00 - 1:30                                 | 9:30 - 11:00<br>12:30 - 2:00  |
|                           |                         | <b>Flip Flops</b>       | Boys                             | 6+         |                                                            | 3:30 - 5:00                |                              |                            |                            |                                                            | 11:00 - 12:30                                                 | 12:00 - 1:30                  |
|                           | <b>ADVANCED</b>         | <b>Aerials</b>          | Girls                            | 6+         |                                                            | 6:00 - 8:00                |                              |                            | 4:00 - 6:00                |                                                            | 10:30 - 12:30<br>1:00 - 3:00                                  | 9:00 - 11:00<br>1:00 - 3:00   |
|                           |                         | <b>Aerials</b>          | Boys                             | 6+         |                                                            |                            |                              | 5:00 - 7:00                |                            |                                                            |                                                               | 12:30 - 2:30                  |
|                           |                         | <b>Twisters</b>         | Girls                            | 7+         |                                                            |                            |                              |                            | 4:00 - 6:00                |                                                            | 1:00 - 3:00                                                   | 1:00 - 3:00                   |
|                           | <b>INVITE ONLY</b>      | <b>Hot Shots</b>        | Girls                            | 4 to 6     |                                                            | 3:00 - 4:30                |                              |                            | 3:00 - 4:30                |                                                            | 12:00 - 1:30                                                  |                               |
|                           |                         | <b>Ironmen</b>          | Boys                             | 4 to 7     |                                                            |                            |                              | 5:00 - 7:00                |                            | 5:00 - 7:00                                                |                                                               | 10:00 - 12:00                 |
|                           | <b>SPECIALTY</b>        | <b>HOME</b>             | <b>Homeschool</b>                | Boys/Girls | 6+                                                         | 12:00 - 1:00               |                              |                            |                            |                                                            |                                                               |                               |
|                           |                         | <b>DANCE</b>            | <b>Tumbling for Dance</b>        | Boys/Girls | 5+                                                         | 3:30 - 4:30                |                              |                            |                            | 3:30 - 4:30<br>5:00 - 6:00<br>6:00 - 7:00<br>7:00 - 8:00   | 2:30 - 3:30<br>3:30 - 4:30<br>4:30 - 5:30                     | 1:00 - 2:00                   |
|                           |                         | <b>CHEER</b>            | <b>Tumbling for Cheerleading</b> | Boys/Girls | 12+                                                        |                            | 7:00 - 8:00                  | 6:00 - 7:00                |                            |                                                            |                                                               | 10:00 - 11:00<br>12:00 - 1:00 |