

# HAWAIIAN ISLAND TWISTERS GYMNASTICS CLASS SCHEDULE

Updated 9/12/23  
EFFECTIVE 9/18/23

	CLASS NAME		AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRESCHOOL	Parent & Tot	Co-ed	18 mo to 2 yrs.	5:00-5:45	10:00-10:45	10:00-10:45 5:00-5:45		5:00-5:45	9:00-9:45	9:15-10:00 10:15-11:00 12:15-1:00
	Preschool I	Co-ed	3 to 4 yrs.	4:00-4:45	11:00-11:45 4:00-4:45 5:00-5:45 6:00-6:45	9:00-9:45 4:00-4:45 6:00-6:45	4:00-4:45 6:00-6:45	6:00-6:45	10:00-10:45 11:00-11:45 1:30-2:15 2:30-3:15	9:00-9:45 10:00-10:45 11:15-12:00 12:00-12:45 1:30-2:15 2:30-3:15
	Preschool II	Co-ed	Promoted by coach ONLY	6:00-6:50		11:00-11:50	5:00-5:50	4:00-4:50	12:00-12:50	11:00-11:50 1:15-2:05 2:15-3:05
GIRLS	Beginners I (5-6)	Girls	5 to 6 yrs.	5:30-6:30	4:00-5:00	6:30-7:30	6:30-7:30	4:00-5:00	9:00-10:00 11:30-12:30 1:00-2:00 3:00-4:00	9:00-10:00 9:30-10:30 12:00-1:00 12:45-1:45 1:00-2:00 1:30-2:30
	Beginners I (7+)	Girls	7+ yrs.		4:00-5:00 6:00-7:00	4:00-5:00		5:00-6:00	9:00-10:00 1:00-2:00 3:00-4:00	11:30-12:30 1:00-2:00 2:00-3:00
	Beginners II (5-6)	Girls	5 to 6 yrs.				5:30-6:30		9:30-10:30 2:00-3:00	9:00-10:00 2:00-3:00
	Beginners II (7+)	Girls	7+ yrs.	6:30-7:30		4:00-5:00			12:30-1:30 2:00-3:00	9:00-10:00 10:30-11:30 11:45-12:45 1:00-2:00 2:30-3:30
	Intermediate I (5-7)	Girls	5 to 7 yrs.	4:00-5:30					10:00-11:30	10:00-11:30
	Intermediate I (7+)	Girls	7+ yrs.	4:00-5:30		5:00-6:30	5:00-6:30	6:00-7:30	10:00-11:30	10:00-11:30 12:00-1:30
	Intermediate II	Girls	6+ yrs.			5:00-6:30	4:00-5:30		10:30-12:00	10:00-11:30 2:00-3:30
	Advanced	Girls	6+ yrs.	5:30-7:30					1:30-3:30	10:30-12:30
BOYS	Beginners (5-6)	Boys	5 to 6 yrs.		5:00-6:00				9:30-10:30 1:30-2:30	9:30-10:30 1:30-2:30
	Beginners (7+)	Boys	7+ yrs.						10:30-11:30 12:30-1:30	9:30-10:30
	Intermediate	Boys	6+ yrs.		6:00-7:00				9:30-10:30 2:30-3:30	2:30-3:30
	Advanced	Boys	6+ yrs.						10:30-12:00	10:30-12:00
TUMBLING	Tumbling 1	Co-ed	6+ yrs.		5:00-6:00		6:30-7:30		11:30-12:30 1:00-2:00	12:30-1:30
	Tumbling 2	Co-ed	6+ yrs.			6:30-7:30	4:00-5:00		11:30-12:30 3:00-4:00	11:30-12:30 3:00-4:00
	Tumbling 3	Co-ed	6+ yrs.						2:00-3:00	1:00-2:00