

Performance Athletics
4484 Broad Street
San Luis Obispo, CA 93401
(805) 547-1GYM (547-1496)

Updated 1/15/19

2019 Effective Session #1, January 1st
Please call ahead of time to schedule your class.
Schedule is subject to change with out notification.
****Class is wait listed; please inquire.**

CLASS	LEVEL	AGES	TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rollie Pollie/Mommy Fit	Mobility	Birth-Crawling	CoEd	0.50/.50			5:45 pm SD			
Inchworm	Mobility	Crawl-Walking	CoEd	0.75						12:15pm NES
Honey Bee	PreSchool	Parent & Tot	CoEd	0.75					10:30am* KH	10:00am NES
Busy Bee	PreSchool	3-4yrs	CoEd	1.0 hr	5:30pm EO					
					3:30pm**		3:30pm AE		10:30am* AE	10:00am AE
					4:30pm EO	3:30pm**	4:30pm**			
Beetle	Preschool/ Rec 1	4-5yrs	CoEd	1.0 hr	4:30pm**	3:30pm LG	3:30pm**		10:30am* AE	
						4:30**	4:30pm AE			
Gym-N-Learn	PS	3.5-5yrs	CoEd	2.0 hrs		10:00am MM		10:00am MM		
Lizard	Rec 1-3	5-7yrs	Boys	1.0 hr	3:30* AE	3:30pm MM	3:30pm MM		3:30pm**	10:00am LP
							4:30pm**		4:30**	
Ladybug	Rec 1-2	5-7yrs	Girls	1.0 hr	3:30pm**	3:30pm**	3:30pm PAS		3:30pm* LP	10:00am**
					3:30pm AE		4:30pm SD	4:30pm**		11:00am LB
					4:30pm SD					
Sunflower	Rec 2-3	6-11yrs	Girls	1.5 hrs		4:30pm CW	3:30pm**		3:30pm**	11:00am LP
Family Fun Play PreSchool	All	1.5-5 yrs	CoEd	1.0 hrs	10:30am MM	12:00pm MM	10:00am KH		11:30 KH	
Family Fun Play	All	1.5-12 yrs	CoEd	1.0 hrs				5:30pm KH		11:00am NES
Activ8	Rec 1-2	8+yrs	CoEd	1.0 hr	3:30 AE*				3:30 LP*	
					4:30**	4:30pm LG				
Bars & Bounce	All	5+yrs	CoEd	1.0 hr				3:30pm LG		
Aerial Silks Beginner	Beg Skills	5+yrs	CoEd	1.0 hr		4:30pm**	4:30pm EO	4:30pm**		
Aerial Silks Beg./Intermediate	Int Skills	6+yrs	CoEd	1.0 hr		5:30pm EO				
Aerial Silks Performance	Int-Adv	8+yrs	CoEd	1.5 hrs			5:30pm**			
Aerial Silks Beginner	Beg-Adv	8+yrs	CoEd	1.5 hrs				5:30pm EO		
Agility	All	under 13yrs 7+yrs 7+yrs	CoEd	1.0 hr	4:30pm AE	4:30 CJH		4:30pm**		11:00am AE
					5:30pm CJH					
					6:30pm CJH	6:30**				
Agility Extravaganza	All	7+yrs	CoEd	2.0 hrs				5:30pm NF	5:30pm CJH	
Little Heroes	Beg - Int	3.5-5	CoEd	1.0 hr	5:30pm AE				4:30pm* LP	10:00am**
Super Heroes	Beg - Adv	5-12	CoEd	1.0 hr	5:30pm MM				4:30pm* LP	10:00am MM
Snake	Rec 3-4	6+yrs	Boys	1.5 hrs	4:30pm**					4:30pm**
Gym & Cheer & Dance	All	5+yrs	CoEd	1.0 hr				4:30pm**		6:30pm BS
Tumble & Tramp TNT	Beg	5+yrs	CoEd	1.0 hr	4:30pm**	4:30pm MM	4:30pm**			10:00am**
	Beg/Int	5+yrs	CoEd	1.0 hr		5:30pm AE	5:30**	4:30pm LG		
	Adv	7+yrs	CoEd	1.0 hr		5:30pm MM		5:30pm**		
Junior X	Rec 4+	6+yrs	Girls	2.0 hrs	3:30pm MM		5:30pm MM	4:30pm MM		
	Rec 4+	6+yrs	Boys	2.0 hrs		4:00-6:00**				
Adult Gym & Adult Agility	All	18+yrs	CoEd	2.0 hrs		8:15 pm NF	8:15pm NF		8:15pm NES	
Adult Aerial Silks	All	18+yrs	CoEd	1.0 hr	6:30pm**	6:30pm EO		6:30pm**		

Competitive Programs Offered

Competitive program schedule available at the front office.

USAG Junior Olympic Girls Team Levels 2-10

USAG Junior Olympic Boys Team Levels 3-8

USAG National Xcel Program Boys and Girls

USA Gymnastics Xcel is an alternative competitive program for athletes of varying abilities and commitment levels.

USAG "TnT" Trampoline & Tumbling

For more information, call us at (805) 547-1GYM or visit www.PerformanceAthleticsSLO.com