

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

Updated 10/8/2020

2020 Effective Session #10, September 27th
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 | | | | | | |
| Inchworm | Mobility | Crawl-Walking | CoEd | 0.75 | | | | | | |
| Honey Bee | PreSchool | Parent & Tot | CoEd | 0.75 | | | | | 10:00am KH | |
| Busy Bee | PreSchool | 3-4yrs | CoEd | 1.0 hr | | | 4:25pm VH* | | 3:45pm** | |
| Beetle | PS/Rec 1 | 4-5yrs | CoEd | 1.0 hr | | | 4:25pm VH* | | | |
| Gym-N-Learn | PS | 3.5-5yrs | CoEd | 2.5 hrs | 10:00am MM | 9:30am VH | | 9:30am VH | | |
| Lizard Beg Combo Camp | Rec 1-3 | 5-7yrs | Boys | 1.0 hr | | 4:00pm MM* | | 4:00pm MM* | | |
| Snake | Rec 2-3 | 6-11yrs | Boys | 1.5 | | | | | | |
| Ladybug Beg Combo Camp | Rec 1-2 | 5-7yrs | Girls | 1.0 hr | | 4:00pm MM* | | 4:00pm MM* | | |
| Sunflower | Rec 2-3 | 6-11yrs | Girls | 1.5 hrs | | | | | | 11:30** |
| Family Fun Pack | All | 1.5-5 yrs | CoEd | 1.0 hrs | Taking wait list for Monday 11:45am, Friday 11:30am and Saturday 11:30am | | | | | |
| Family Fun Pack | All | 1.5-12 yrs | CoEd | 1.0 hrs | Taking wait list for Monday 11:45am, Friday 11:30am and Saturday 11:30am | | | | | |
| Activ8 | Rec 1-2 | 8+yrs | CoEd | 1.0 hr | 4:00pm MM* | 4:00pm MM* | | 4:00pm MM* | | |
| Bars & Bounce | All | 5+yrs | CoEd | 1.0 hr | | | | | | |
| Swing & Soar (Silks&Tramp) | Beg Skills | 4-5yrs | CoEd | 1.0 hr | | | | | | |
| Aerial Silks Beginner | Beg Skills | 7+yrs | CoEd | 1.0 hr | 4:30pm EO | | | | 4:00pm EO | |
| Aerial Silks Int./Adv | Int/Adv | 8+yrs | CoEd | 1.5 hrs | | | 4:00pm EO | | | |
| Agility | All | under 13yrs | CoEd | 1.0 hr | Taking wait list for Mondays, Fridays and Saturdays | | | | | |
| | Int | 7+yrs | CoEd | 1.0 hr | | | | | | |
| Super Heroes | Beg - Int | 3.5-5 | CoEd | 1.0 hr | Taking wait list for Mondays, Fridays and Saturdays | | | | | |
| Tumble & Tramp TNT | Beg | 5+yrs | CoEd | 1.0 hr | | | | | | 10:00** |
| | Int-Adv | 5+yrs | CoEd | 1.0 hr | | | | | | 10:00** |
| Junior X Int Camp | Rec 4+ | 6+yrs | Girls | 2.0 hrs | | | 4:30pm MM | | 4:00pm MM | |
| Adult Gym & Silks | All | 18+yrs | CoEd | 2.0 hrs | Adult Programs are on hold due to the pandemic. Please inquire about Private Lessons | | | | | |

Competitive Programs Offered

USA Gymnastics Girls & Boys Team

Competitive program schedule available at the front office.

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****Class is WAIT LISTED; Please inquire.**

***Class is combined.**

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