



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

2022 Effective Session #1, Jan 3, 2022
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	30/30min	<i>on hold</i>					
Inchworm	Mobility	Crawl-Walking	CoEd	45min	<i>on hold</i>					
Honey Bee	PreSchool	Parent & Tot	CoEd	45min		9:45am KH	10:00am KH		10:00am KH	9:45am MO 10:45am MO
Busy Bee	PreSchool	3-4yrs	CoEd	55min					4:15pm VH*	10:05am SC
Beetle	PS/Rec 1	4-5yrs	CoEd	55min			3:00 pm CR 4:15pm CR			10:05am SC
Gym-N-Learn	PS	3.5-5yrs	CoEd	2.5 hrs	10:00am CR	9:30am VH		9:30am VH		
Activity Camp	Rec 1	5-12	CoEd	3 hrs		**2:30 pm			**2:30 PM	
Combo Camp	Rec 1-3	5-7yrs	CoEd	1.0 hr	4:00pm MM*	3:45pm MM	3:00 pm MM	3:45 pm MM		11:15am SC
Snake Combo Camp	Rec 2-3	6-11yrs	Boys	1.5 hrs						
Ladybug	Rec 1-2	5-7yrs	Girls	1.0 hr	4:00pm MM*	3:45pm MM	*3:00pm MM 4:00pm MM	3:45 pm MM		11:15am LB
Sunflower	Rec 2-3	6-11yrs	Girls	1.5 hrs	4:00 MO					
Family Fun Pack	All	1.5-5yrs	CoEd	1.0 hrs	<i>Taking wait list for Wed & Sat</i>		11:00am KH**		11:15am KH	1:00pm**
Family Fun Pack	All	1.5-12yrs	CoEd	1.0 hrs	<i>Taking wait list for Wed & Sat</i>					
Activ8	Rec 1-2	8+yrs	CoEd	1.0 hr		4:45 pm MO*		4:45pm MM		
Bars & Bounce	All	5+yrs	CoEd	1.0 hr		4:45 MM**				
Swing & Soar (Silks&Tramp)	Beg Skills	4-5yrs	CoEd	1.0 hr						9:30am SC/MMM
Aerial Silks Beginner	Beg Skills	7+yrs	CoEd	1.0 hr	4:30pm MMM 5:30pm MMM	4:00pm AD			4:00pm MMM 5:00pm MMM	
Aerial Silks Int./Adv	Int/Adv	8+yrs	CoEd	1.5 hrs			4:00pm ZE			10:30am MMM
Agility	All	11+yrs	CoEd	2.0 hr			4:30PM BD			
	BEG	7+yrs	CoEd	1.0-2 hr	5:15pm BD				4:00pm BD	10:15am BD
Little Heroes	Beg - Int	3.5-5yrs	CoEd	1.0 hr	3:00pm MM**				2:30pm LB**	
Super Heroes	Beg - Int	5-8yrs	CoEd	1.0 hr	4:15pm BD	4:15pm**				10:00am LB
Tumble & Tramp TNT	Beg	5+yrs	CoEd	1.0 hr				3:30pm LB		11:30am* SC
	Beg-Adv	5+yrs	CoEd	1.5 hr		3:50pm**				11:30am* SC
Butterfly	Rec 4+	6+yrs	Girls	2.0 hrs		1:15pm MM			4:15pm MM	
Adult Gym & Silks	All	18+yrs	CoEd	2.0 hrs	<i>Adult Programs are on hold due to the pandemic. Please inquire about Private Lessons</i>					

Competitive Programs Offered

USA/NGA Gymnastics Girls & Boys Team

Competitive program schedule available at the front office.



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***Class is combined.**

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