



Updated 9/17/2018

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

2018 Effective Session #9, August 26, 2018
Please call ahead of time to schedule your class.
Schedule is subject to change with out notification.
****Class coming soon; please inquire.**

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

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