

SERANGOON KIDS GROUP CLASSES

<i>Class</i>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Rhythmic Gymnastics (2013-2017)	3:55pm		5pm	3:55pm	5pm	10am	10:45am
						12pm	
						2:30pm	
Rhythmic Gymnastics (2009-2012)			4:45pm		5:30pm	12pm	12:30pm
						2pm	
Pre-Competitive Team	5:35pm			5:35pm		10am	
Competitive Team	3pm	3pm		3pm	3pm	4:30pm	2:30pm
	5pm	5pm		5pm	5pm		
Junior Competitive Team		5pm				4pm	
Classes are 90 minutes unless otherwise stated							

RIVER VALLEY KIDS GROUP CLASSES

<i>Class</i>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Rhythmic Gymnastics (2013-2017)	3:55pm	3:55pm	3:55pm	3:55pm	3:55pm	10:30am	10am
						2pm	
Rhythmic Gymnastics (2009-2012)	5:35pm	5:35pm	5:35pm	5:35pm	5:35pm	12:30pm	11:45am
Junior Competitive Team							2:20pm
Gymnastics Stretching (60 minutes)							4pm
Classes are 90 minutes unless otherwise stated							

Adults Schedule

(These classes are available online also)

<i>Class</i>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Power Stretching for Ladies		10:30am		10:30am		09:15am	
Classes are 60 minutes							

Kids Online Schedule

<i>Class</i>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Rhythmic Gymnastics (2013-2017)				3:55pm		2:30pm	
						2:15pm	
Rhythmic Gymnastics (2009-2012)				5:35pm	5:30pm	12:30pm	12:30pm
Classes are 90 minutes unless otherwise stated							