



CLASS SCHEDULE

August 25, 2025 - June 7, 2026
WWW.XCELGymnastics.COM
PRESCHOOL PROGRAM

X-Cel MAIN
X-Cel NORTH

PRESCHOOL CLASSES

CLASS	MON	TUES	WED	THURS	FRI	SAT	SUN
Bouncing Bugs (18 Months to 3-1/2 Years) CO-ED	10:00-10:40 XN 6:15-6:55 XN	9:00-9:40 XN 10:00-10:40 XN 11:00-11:40 XN 6:10-6:50 XN	5:15-5:55 XN 6:15-6:55 XN	9:00-9:40 XN 10:00-10:40 XN 5:20-6:00 XN	6:15-6:55 XN	9:00-9:40 XN 10:00-10:40 XN	
Rolling Roly-Poly (3 years old by Sept 1, 2025) CO-ED	11:00-11:50 XN 12:30-1:20 XN 1:30-2:20 XN 4:15-5:05 XN 5:15-6:05 XN	9:00-9:50 XN 10:00-10:50 XN 11:00-11:50 XN 12:30-1:20 XN 4:15-5:05 XN 5:15-6:05 XN 7:00-7:50 XN	9:00-9:50 XN 10:00-10:50 XN 11:00-11:50 XN 4:15-5:05 XN	11:00-11:50 XN 1:30-2:20 XN 4:15-5:05 XN 6:15-7:05 XN 7:10-8:00 XN	4:15-5:05 XN 5:15-6:05 XN	11:00-11:50 XN	
Jumping Jitterbugs (4 years old by Sept 1, 2025) CO-ED	10:00-10:50 XN 11:00-11:50 XN 12:30-1:20 XN 4:15-5:05 XN 5:15-6:05 XN 7:15-8:05 XN	9:00-9:50 XN 10:00-10:50 XN 11:00-11:50 XN 1:30-2:20 XN 4:15-5:05 XN 5:15-6:05 XN 7:00-7:50 XN	9:00-9:50 XN 10:00-10:50 XN 11:00-11:50 XN 12:30-1:20 XN 1:30-2:20 XN 4:15-5:05 XN 7:05-7:55 XN	9:00-9:50 XN 10:00-10:50 XN 11:00-11:50 XN 12:30-1:20 XN 1:30-2:20 XN 4:15-5:05 XN 6:15-7:05 XN 7:10-8:00 XN	4:15-5:05 XN 5:15-6:05 XN	12:00-12:50 XN	
Dynamic Dragonflies (Children in Kindergarten 2025-2026) CO-ED	1:30-2:30 XN 4:15-5:15 Main	12:30-1:30 XN 4:15-5:15 Main	10:00-11:00 XN 12:30-1:30 XN 1:30-2:30 XN 5:25-6:25 XN	4:15-5:15 XN 5:25-6:25 Main		11:25-12:25 XN 12:30-1:30 XN	3:30-4:30 XN
Advanced Dragonflies *COACH RECOMMENDED ONLY CO-ED		1:30-2:30 XN 5:25-6:25 Main 7:45-8:45 Main				11:25-12:25 XN	
PRESCHOOL NINJA (4 years old by Sept 1, 2025) CO-ED	12:30-1:20 XN 5:25-6:15 XN	12:30-1:20 XN 1:30-2:20 XN 5:30-6:20 XN 6:35-7:25 XN	9:00-9:50 XN 11:10-12:00 XN 12:30-1:20 XN	12:30-1:20 XN 5:25-6:15 XN 6:35-7:35 XN		9:00-9:50 XN 10:00-10:50 XN	
Adaptive/Special Olympics (Ages 3-7) CO-ED							3:30-4:20 XN
Xquisite + *COACH RECOMMENDED ONLY GIRLS					4:15-5:15 Main		
Stay & Play (Ages 3-1/2 to Kindergarten) CO-ED					12:30-2:30 XN		



CLASS SCHEDULE

August 25, 2025 - June 7, 2026
 WWW.XCELGYMNASTICS.COM
 RECREATIONAL PROGRAM

X-Cel MAIN
X-Cel NORTH

	CLASS	MON	TUES	WED	THURS	FRI	SAT	SUN
ALL-AROUND	Level 1 GIRLS		5:30-6:30 XN	5:25-6:25 XN	5:30-6:30 XN		9:00-10:00 XN	12:00-1:00 XN
	Level 2 GIRLS	4:15-5:15 Main 5:25-6:25 Main	4:15-5:15 XN 6:35-7:35 Main	4:15-5:15 XN 6:30-7:30 XN 7:45-8:45 Main	5:30-6:30 XN 6:30-7:30 XN		10:15-11:15 XN	12:00-1:00 XN 2:20-3:20 XN
	Level 3 GIRLS	6:35-7:35 Main 7:45-8:45 Main	5:30-6:30 XN 6:45-7:45 XN 7:45-8:45 XN	5:40-6:40 Main 6:40-7:40 Main 7:45-8:45 XN	4:15-5:15 Main 6:35-7:35 Main 7:45-8:45 XN		10:15-11:15 XN 12:30-1:30	2:20-3:20 XN 3:30-4:30 XN
	Level 4 GIRLS	4:15-5:30 XN 5:45-7:00 XN 7:00-8:15 XN	4:00-5:15 XN 5:30-6:45 XN	4:00-5:15 XN 6:30-7:45 XN	6:30-7:45 XN 7:45-9:00 XN		9:00-10:15 XN	
	Level 5/6/7 GIRLS	4:15-5:45 XN 6:00-7:30 XN 7:00-8:30 XN	6:45-8:15 XN		4:15-5:45 XN 5:45-7:15 XN 7:30-9:00 XN		8:30-10:00 XN 9:00-10:30 XN 10:45-12:15 XN	
TUMBLING	Intro to Back Handspring CO-ED	5:25-6:25 Main 6:30-7:30 XN 7:45-8:45 XN	7:45-8:45 XN	4:15-5:15 XN 7:45-8:45 XN				1:10-2:10 XN
	Back Handspring CO-ED	6:35-7:35 Main	4:15-5:15 XN 7:45-8:45 XN	4:15-5:15 XN 5:25-6:25 XN 6:30-7:30 XN	4:15-5:15 XN 7:45-8:45 XN			1:10-2:10 XN
	Back Handspring Series CO-ED	4:15-5:15 XN 5:15-6:15 XN 7:45-8:45 XN	4:15-5:15 XN 5:30-6:30 XN	7:45-8:45 XN	6:30-7:30 XN			
	Flip & Twist CO-ED	6:30-7:30 XN 7:30-8:30 XN	6:45-7:45 XN		4:15-5:15 XN 5:30-6:30 XN 8:00-9:00 Main		8:00-9:00 XN	
	Teen Tumble CO-ED		7:45-8:45 XN					
NINJA	X-Treme Ninja Level 1/2 CO-ED	5:25-6:25 XN 6:35-7:35 XN	4:15-5:15 XN 5:30-6:30 XN	5:25-6:25 XN	4:15-5:15 XN 6:35-7:35 XN 7:45-8:45 XN			
	X-Treme Ninja Level 3/4 CO-ED	7:45-8:45 XN	6:35-7:35 XN	4:15-5:15 XN	5:25-6:25 XN			
	Advanced Ninja CO-ED		4:15-5:15 XN					
	Ninja Tumbling & Tricking CO-ED	4:15-5:15 XN Beginners	5:15-6:15 XN Intermediate					
SPECIALTY	Adaptive/ Special Olympics Gymnastics CO-ED							4:45-5:45 XN (ages 8 & older)
	Homeschool Level 1-3 GIRLS			1:30-2:30 XN				