

2011 - 2012 The Force Schedule

Dance / Fitness

Gymnastics / Cheer / Martial Arts

Time	Team	Class	Coach/ Assistant	Time	Team	Class	Coach/ Assistant
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Monday

4:15 - 5:00 pm	Lil' Starz (2-4 yrs old) - co-ed		Dance Sheila	4:15 - 5:00 pm	Level 1 / 2 (Preschool & Beginner)	Gym	Jamey / Rian / Fabian
5:15 - 6:00 pm	Little Dippers (4 yrs old - Kindergarten)		Dance Amy/Alicia	5:00 - 6:00 pm	Level 3 (Intermediate)	Gym	Jamey / Rian / Fabian
6:00 - 7:00 pm	Twinkles (1st Grade - 3rd grade)		Dance Alicia/Amy	6:00 - 7:30 pm	Level 4 (Advanced)	Gym	Jamey / Rian / Fabian

Tuesday

4:30 - 5:30 pm	Comets (4th - 6th grade)		Dance Kandis/TaLor	4:00 - 5:00 pm	Beg Martial Arts	Gym	Scott
5:30 - 7:00 pm	Cosmos (7th - 9th grade)		Dance Kandis/TaLor	5:00 - 6:00 pm	Level 1 (Preschool) Ages 3-5	Gym	Sheree/Lacey
7:00 - 8:00 pm	Zumba		Fitness Melody	6:00 - 7:00 pm	Level 2 (Beginner)	Gym	Sheree/Lacey

Wednesday

4:30 - 6:00 pm	Comets (4th - 6th grade)		Dance Kandis/TaLor	4:00 - 5:00 pm	Level 2 (Beginner) Ages 5 & up	Gym	Katie
6:00 - 7:00 pm	Cosmos (7th - 9th grade)		Dance Kandis/TaLor	5:00 - 6:00 pm	Level 2/3 (Beginner & Intermediate)	Gym	Sheree/Katie
				6:00 - 7:00 pm	Level 3 (Intermediate)	Gym	Sheree/Katie

Thursday

5:15 - 6:00 pm	Little Dippers (4 yrs old - Kindergarten)		Dance Amy/Alicia	4:00 - 5:00 pm	Level 1 / 2 (Preschool & Beginner)	Gym	Lacey
6:00 - 7:00 pm	Twinkles (1st Grade - 3rd grade)		Dance Alicia/Amy	5:00 - 6:00 pm	Level 2 (Beginner)	Gym	Lacey/Rian
7:00 - 8:00 pm	Zumba		Fitness Melody	6:00 - 7:00 pm	CHEERNastics (6-12 years old)	Cheer	Lacey/Rian