

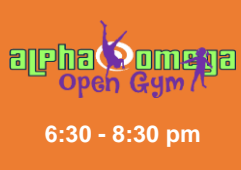


Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Class Time	SATURDAY
9:30-10:00		Inchworm - AB		Inchworm - AB		9:00-9:40	Caterpillar - AZ Bumble Bee - KS Grass Hopper - IM
9:30-10:10		Rolly Poly - KS	Caterpillar - AB Bumble Bee/Grass Hopper - KS	Bumble Bee/Grass Hopper - KS		9:00-9:55	Cartwheel - KJ Flip Flop - KH Beta Warrior - SN
10:15-10:45			Inchworm - AB			10:00-10:40	Rolly Poly - AZ Bumble Bee - SS Grass Hopper - KS
10:15-10:55		Caterpillar - AB Bumble Bee/Grass Hopper - KS	Rolly Poly - KS Bumble Bee/Grass Hopper - SN	Rolly Poly - AB Bumble Bee/Grass Hopper - KS Fire Fly - JH		10:00-10:55	Cartwheel - KJ, IM Flip Flop - KH Alpha Warrior - SN
11:00-11:55		<u>Homeschool Classes</u> HS Girls Gymnastics HS Ninja Warrior	<u>Homeschool Classes</u> HS Girls Gymnastics HS Ninja Warrior	<u>Homeschool Classes</u> HS Girl's Gymnastics HS Ninja Warrior		11:00-11:40	Rolly Poly - IM Bumble Bee - KS/LA Grass Hopper - SS
11:15-11:55		HS Tumble Bugs (AB, JH, KS)	HS Tumble Bugs (AB, SN, KS)	HS Tumble Bugs (AB, JH, KS)		11:00-11:55	Cartwheel - KJ Flip Flop - KH Junior Tumbling 1 - SN
	Homeschool Open Gym KJ, JH 12:30 - 2:00					12:00-12:40	Bumble Bee - KJ, SS Grass Hopper - KS
					12:00-12:55	Cartwheel - IM Alpha Warrior - SN	
3:00-3:40	Bumble Bee/Grass Hopper - KJ	Rolly Poly - AB Bumble Bee/Grass Hopper - KJ	Inchworm - AB Caterpillar - KJ Bumble Bee/Grass Hopper - JH	HS Girl's Gymnastics - KJ HS Ninja Warrior - AB HS Tumble Bugs - AZ	Xcel Bronze, Silver B: 3:45-5:40 Xcel Silver A, Gold: 4:15-6:10		
3:45-4:40	Cartwheel - KH Flip Flop - AP/CH Aerial - TM Alpha Warrior - SN/JH	Cartwheel - KH Flip Flop - TM/CH Alpha Warrior - SS/JH Junior Tumbling - AZ	Cartwheel - AZ Ninja Warrior - JH/JH Junior Tumbling - CH	Cartwheel - AZ Flip Flop - KH Alpha Warrior - JH Devo Team - 3:45-5:40	Flip Flop - AZ (3:30-4:25) ** Bumble Bee/Grass Hopper - IM (3:45-4:25)	1:00-2:30 pm Birthday Parties	
4:00-4:40	Rolly Poly - AZ Bumble Bee - KJ Grass Hopper - SS	Rolly Poly - AZ Bumble Bee/Grass Hopper - KJ	Bumble Bee - KS Grass Hopper - KJ	Bumble Bee - KJ Grass Hopper - MA		Saturdays 3:00-4:30 pm 5:00-6:30 pm Sundays 1:00-2:30 3:00-4:30 5:00-6:30	
4:45-5:40	Cartwheel - AP, KH/CH Alpha Warrior - JH Beta Warrior - SN Xcel Gold: 4:45-6:40	Cartwheel - SS/CH, KH Flip Flop/Aerial - AZ Xcel Bronze - 4:45-6:40	Cartwheel - AZ, KS Flip Flop - CH Alpha Warrior - SN	Cartwheel - CH Flip Flop/Aerial - AZ Alpha Warrior - SN Junior Tumbling 1 - KJ	Cartwheel - KJ (4:30-5:25) ** Bumble Bee/Grass Hopper - IM (4:45-5:25)		
5:00-5:40	Rolly Poly - AZ Bumble Bee - KJ Grass Hopper - SS	Bumble Bee - EA/JH Fire Fly - KJ	Rolly Poly - KJ Bumble Bee - JH Grass Hopper - SS	Bumble Bee - MA Grass Hopper - SS Fire Fly - KH		Parent's Night Out 3rd Saturday of Every Month 6:00 - 10:00 pm	
5:45-6:40	Cartwheel - KH, AP Junior Tumbling 1 - AZ	Cartwheel - AZ Flip Flop - KH Beta Warrior - LA/JH Junior Tumbling 1 - SN	Cartwheel - KJ, KS Alpha Warrior - SN/JH	Cartwheel - AZ, KJ Flip Flop - CH Alpha Warrior - LA Junior Tumbling 1 - SN	Cartwheel - IM (5:30-6:25) Alpha Warrior - KJ (5:30-6:25)		
6:00-6:40	Caterpillar - CH Bumble Bee - SS/JH Grass Hopper - KJ	Rolly Poly - KJ Bumble Bee - SS Grass Hopper - EA	Bumble Bee - JH Grass Hopper - EA Fire Fly - AZ	Rolly Poly - MA Bumble Bee - KH Grass Hopper - SS			
6:45-7:40	Cartwheel - AZ Flip Flop/Aerial - AP Junior Tumbling 1 - KH Varsity Tumbling - TM Grass Hopper - SS	Cartwheel - KH/CH Flip Flop/Aerial - AZ Alpha Warrior - SS/JH Junior Tumbling 2 - SN/KJ Grass Hopper - EA	Cartwheel - KJ Flip Flop - AZ Alpha Warrior - JH/JH Varsity Tumbling - SN Bumble Bee - KS	Cartwheel - KH Flip Flop - SN, CH Alpha Warrior - LA			
7:00-7:40		Xcel Silver B: 6:30-8:25	Xcel Silver A, Gold: 6-7:55	Skills Clinic 1st & 3rd Thursday 7:45-8:45	6:30 - 8:30 pm		

Tumble Bugs Gymnastics - 6 wks - 5 yrs
Inchworm - (6 Weeks - 14 Months)
Caterpillar - (14 - 24 Months)
Rolly Poly - (24 - 36 Months)
Bumble Bee - (3 - 4 Years Old)
Grass Hopper - (4 - 5 Years Old)
Fire Fly - (3-5 Years Old - Advanced)

Ninja Warrior TrT - Kindergarten & up
Alpha Warrior - (Kindergarten - 8 yrs old)
Beta Warrior - (9 yrs old & up)
Delta Warrior - (Advanced - 6 yrs old & up)

Girls Gymnastics - Kindergarten & up
Cartwheel - (Beginners)
Flip Flop - (Experienced)
Aerial - (Advanced)

Junior Tumbling - Kindergarten & up
Junior Tumbling 1 - (Beginners)
Junior Tumbling 2 - (Advanced)

Varsity Tumbling - Middle School & High School
Varsity Tumbling 1 - (Beginning Tumbling)
Varsity Tumbling 2 - (Advanced Tumbling)

Alpha Omega Gymnastics
8412 Stacy Rd. Suite 100
McKinney, TX 75070

Office Hours

Monday-Friday 9:15a - 7:40p
Saturday 9a - 2:30p
Sunday Closed

469-859-9936

AB Allie Bouchez
AZ Abi Zepeda
AP Addy Puckett
EA Emma Alexander
IM Imari Mitchell
JC Jenn Cao
JH Josh Hiebert
KH Katy Hullum
KJ Kenzie Jones
KS Kristen Swoger
JH John Hinton

MA Michael Alexander
SS Sara Schmitz
SN Sam Norris
TM Ty Montgomery
CH Carole Harless
LA Luke Alexander

Elianna Viperman
Peyton Clough
Shae Henson

Allie Bouchez - Director of Operations
Linda Sult - Director of Accounts
Mary-Kate Douglas - Executive Assistant/Front Desk
Erin Heard - Director of Marketing/Front Desk