
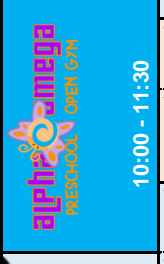




Class Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Class Time	SATURDAY	
						8:00-8:40	Rolly Poly - AZ Bumble Bee/Grass Hopper - JH	
						8:00-8:55	Cartwheel - CH/RS Devo Team - 8:00-9:55 - IMAZ	
9:30-10:00	 9:00 - 10:30	Inchworm - AB		Inchworm - AB		9:00-9:40	Caterpillar - ED Bumble Bee - SH Grass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

Tumble Bugs Gymnastics - 6 wx 5 yrs
Inchworm - (6 Week - 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 TnT - 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
AP Addy Puckett
AZ Abi Zepeda
CH Carole Harless
EA Emma Alexander
ED Elizabeth Dunham
IM Imari Mitchell
JC Jenn Cao
JH John Hinton
KJ Kenzie Jones
MA Michael Alexander

MG Maggie Gotway
SN Sam Norris
TM Ty Montgomery
ZO Zach Ogle

Alyssa Harper
Ava Hutchison
Grace Clough
Peyton Clough
Ryley Smith
Shae Henson